

Cherryville Kitchen Favorites

A Complete Cook Book

Published

by

THE CHERRYVILLE WOMAN'S CLUB

Cherryville, N. C.

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Cherryville Kitchen Favorites

(A Complete Cook Book)

*"For a man seldom thinks with more earnestness
of anything than he does of his dinner."*

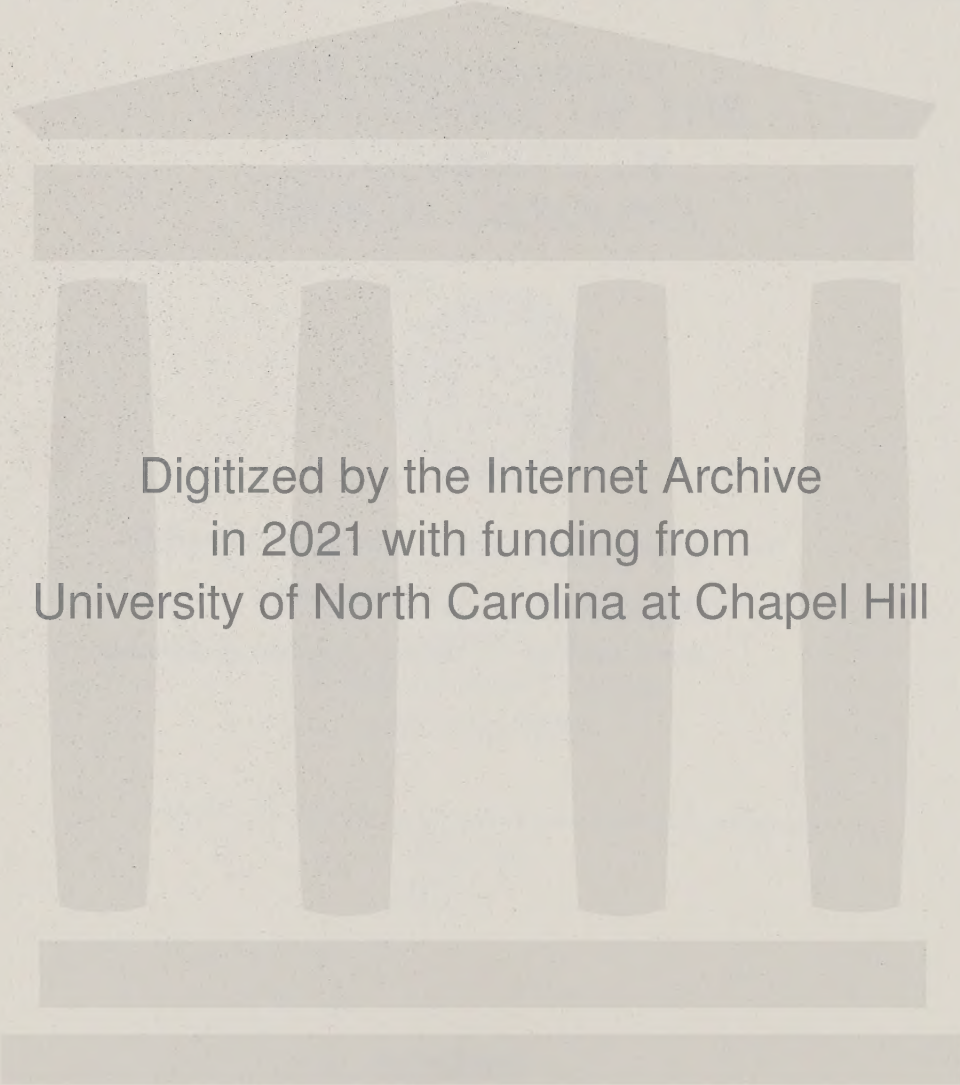
Sam'l Johnson — Piozzi's Anecdotes of Johnson.

Published

by

THE CHERRYVILLE WOMAN'S CLUB

CHERRYVILLE, N. C.



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DEDICATED

to

The Late Mrs. L. Edwin Rudisill

It was through her inspiration and helpful encouragement that this cook book finally became a reality.

Her record in the service of her community, her Church, her county, and the Woman's Club reads like a blue book of achievement. She was a natural leader with initiative, vision, balanced judgment, unselfishness, integrity, the ability to get along with people, and possessed the highest standard of ethics. Her untiring efforts towards a better and fuller life and future for our children will long be remembered.

She firmly and resolutely believed in the Collect that Women should rise above pettiness — remember the line “above all things, teach me to be kind.” In all she was a living example of:

“I expect to pass through this world but once;
And good things, therefore, that I can do,
Or any kindness that I can show to my fellow-creatures,
Let me do it now;
Let me not defer or neglect it,
For I shall not pass this way again.”

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(H.0)

The Cherryville Woman's Club, Cherryville, N. C., proudly presents:

"CHERRYVILLE KITCHEN FAVORITES"

A complete Cook Book containing recipes for delicious, wholesome, and zestful dishes to please laymen, gourmet, or anyone with the most discriminating palate.

Recipes for foods as prepared almost all over the globe, since all such foods are cooked and served here in Cherryville. Nowhere are centered more wonderful cooks.

These recipes have been contributed by members of our Club and our friends. All recipes are tested, tried, and true; they take the "guesswork" out of cooking. Even a beginner or an inexperienced cook cannot help but obtain excellent results from using these recipes.

Throughout this Cook Book you will find scattered "favorite" recipes of celebrities of our Nation.

"The way to a man's heart is through his stomach" some great person said, and in this Cook Book all the "secrets are bared."

Use it with utmost confidence. Let us have your comments and criticisms, since this is our first venture in the writing of a book of culinary arts. Cooking is certainly one of the oldest arts, since the father of us all, "Adam," was born hungry.

Consider this Cook Book a priceless possession to use and treasure throughout the years.

**The Cherryville Woman's Club
Cherryville, North Carolina**

**Compiled By
Mrs. T. D. Gurley**

IN MEMORY OF



The Late Mrs. Sallie D. Kirkpatrick
(1870-1956)

In the words of a former pastor of hers:

"To the memory of one whose faith, friendship, and love brought meaning to life, joy to labor, and assurance of immortality."

Her full useful life was spent in loving service to her family, her church, and her community. She was a loyal member of the Cherryville Woman's Club requesting not to be put on the inactive list in September 1955 just a few days before her life ended beautifully on September 21 as she gently slipped away to enter a richer, more abundant life with Him whom she had loved and served.

Table of Equivalents

Throughout this cook book all measurements are level for all ingredients unless specified otherwise in the recipe.

The following abbreviations have been used throughout this book:

C.—for cup— $\frac{1}{2}$ pint measure

T.—for Tablespoon

Mins.—for minutes

t.—for teaspoon

lb.—for pound

TABLE OF APPROXIMATE EQUIVALENTS

3 teaspoons	1 Tablespoon
16 tablespoons	1 Cup
$\frac{1}{4}$ Cup	4 Tablespoons
$\frac{1}{3}$ Cup	5 $\frac{1}{3}$ Tablespoons
2 Cups	1 Pint
4 Cups	1 Quart
2 Pints	1 Quart
2 Cups butter	1 Lb.
1 Tablespoon butter	$\frac{1}{2}$ Oz.
4 Cups grated cheese	1 Lb.
1 sq. Baker's Unsweetened Chocolate	1 Oz.
3 T. (Baker's Cocoa can be substituted for	1 Oz. Chocolate
5 $\frac{1}{2}$ Cups coffee	1 Lb.
1 T. cornstarch	2 T. Flour in thickening
2 C. dates	10 Ozs.
1 C. egg whites	10 or 12 Eggs, depending on size.
4 C. flour (unsifted)	1 Lb.
1 C. fresh milk	$\frac{1}{2}$ C. Evaporated Milk & $\frac{1}{2}$ C. Water
1 C. raw rice	3 or 4 Cups cooked Rice
2 C. granulated sugar	1 Lb.
2 $\frac{1}{2}$ C. firmly packed brown sugar	1 Lb.
3 $\frac{1}{2}$ C. Confectioner's sugar (sifted)	1 Lb.



BEVERAGES

HOT COCOA FOR A CROWD

1¼ C. Baker's Cocoa	4 qts. milk
1 C. sugar (more if a sweeter drink is desired)	1 T. vanilla
¾ t. salt	Cinnamon
1½ qts. water	Whipped Cream

Blend cocoa, sugar, and salt. Slowly stir in water, and stir until smooth. Bring to a boil and boil 10 minutes. Scald milk in large double boiler; add cocoa mixture. Let stand, covered, over low heat, ½ hour, to "mellow." Add vanilla. Serve with dash of cinnamon or whipped cream. Makes 25 servings. For 50 servings, double the recipe.

(Courtesy, Good Housekeeping Magazine)

TANGY TOMATO COCKTAIL

2 No. 2 cans tomato juice	⅛ T. onion salt
4 T. lemon juice	2 t. sugar
⅛ t. dried marjoram	1 t. salt
⅛ t. celery salt	1 t. curry powder

Combine ingredients. Simmer 10 mins. Serve hot with crisp crackers. Makes 8 servings.

(Courtesy, Good Housekeeping Magazine)

HOT PINEAPPLE EGGNOG

Separate yolks and whites of 8 eggs. Add ½ C. sugar to egg yolks and beat thoroughly. Bring 1½ C. pineapple juice to boil. Add 1 pt. cream, then reheat. Pour over egg yolks and stir constantly. Beat egg whites with ½ C. sugar, and fold into hot mixture. Serve with grated orange peel.

Mrs. D. R. Mauney, Sr.

CHILLY-DAY PUNCH

3 qts. boiling water	2½ C. lemon juice
2 C. granulated sugar	5 T. grated lemon rind
1½ T. whole cloves	5 T. grated orange rind
½ C. tea leaves	2 qts. orange juice

If possible, borrow a 2-gallon kettle (8 qts.) (Most churches or schools have 1 or more). Put first three ingredients into kettle; boil, uncovered, 5 min. Add tea leaves, and steep (let stand) 5 min. Strain. Return to kettle. Add remaining ingredients. Heat. Serve hot for a tangy drink any cold day or evening. 100 punch cups—allows 2 apiece for 50.

(Courtesy, Good Housekeeping Magazine)

PUNCH

1½ pints tea
1 qt. ginger ale or 4 small bottles
2 C. sugar dissolved in 1 qt. hot water
Mix and chill. Serve over ice cubes.

Juice of 6 or more oranges
Juice of 6 lemons

Miss Julia Renfro

PUNCH FOR 50

3 C. sugar
1 C. strong tea
3 qts. water
2 qts. ginger ale

1 doz. lemons
1 doz. oranges
1 can pineapple juice

Boil sugar and water. Add tea and juices. Chill and serve. Mrs. J. Ben Dellinger

GOLDEN MINT PUNCH

30-35 mint sprigs
2 C. granulated sugar
2 qts. boiling water
2½ C. lemon juice
2 qts. orange juice

1 qt. ginger ale
1 qt. sparkling water
12 mint sprigs
1 C. slivered lemon rind

Wash 30-35 sprigs of mint; place in 4 qt. saucepan with sugar and water. Simmer, uncovered, 10 min. Chill, along with remaining ingredients. Just before serving, strain mint syrup and juices (fresh, frozen, or canned orange juice may be used). Add ginger ale and sparkling water. Garnish with mint sprigs and slivered lemon rind. Serve punch at once. 100 punch cups—allows 2 apiece for 50.

(Courtesy, Good Housekeeping Magazine)

LIME PUNCH

Squeeze juice from 1 dozen lemons. Put rinds in 6 cups of cold water and let stand 15 mins. Dissolve 2 pkgs. Lime Jello and 2 C. sugar in 4 C. hot water. Add water from rinds, the lemon juice, 1 C. grapefruit juice, 1 No. 2 can pineapple juice to the Jello. When ready to serve, add crushed ice and 1 large bottle of ginger ale.

Miss Kate Whitworth

ORANGE-AMBER PUNCH

1 C. sugar
4 C. water
4½ — 2" sticks cinnamon
2 qts. apple juice
2 C. lemon juice

5 T. grated lemon rind
2½ qts. orange juice
5 T. grated orange rind
1 qt. ginger ale
1 qt. sparkling water

In 1-qt. saucepan, simmer, uncovered, sugar, water, and stick cinnamon 10 min. Strain; chill. Meanwhile, blend apple juice and next 4 ingredients; chill. When guests are expected, blend sugar-cinnamon syrup and juice. Add ginger ale and sparkling water at the last minute. (100 punch cups—allows 2 apiece for 50).

(Courtesy, Good Housekeeping Magazine)

ROYAL-PURPLE PUNCH

6 T. tea leaves
3 C. boiling water
1 C. granulated sugar
1½ qts. cold water
1½ qts. grape juice

1½ qts. canned pineapple juice
1½ C. lemon juice
3 qts. ginger ale
1 lb. fresh grapes

Add tea leaves to boiling water. Steep (let stand) for 5 min. Strain; add sugar. Cool at room temperature; then add cold water. Meanwhile, blend fruit juices, and chill thoroughly. Just before serving, mix chilled juices, ginger ale, and tea. Add 1 tray ice cubes (about 1 qt.) Chilled pitted red or purple grapes or whole seedless grapes, add just before serving, make the punch a bit different. 100 punch cups—allows 2 apiece for 50

(Courtesy, Good Housekeeping Magazine)

THANKSGIVING PUNCH

1¼ C. canned or frozen orange
juice

1 t. grated lemon rind
1 8-oz. bottle ginger ale

1½ C. bottled cranberry juice
cocktail

Combine first 3 ingredients; chill. Just before serving, pour in chilled ginger ale. Make 8 servings.

(Courtesy, Good Housekeeping Magazine)

RUSSIAN TEA

Make a syrup of 1½ C. sugar and 5 C. water. Add juice of 4 oranges, 1 lemon or more, and grated rind of 1 orange.

Add to 1 qt. freshly made hot tea (3 T. tea to 1 qt. water). Put 2 cloves in each cup and pour tea over. (Makes 20 cups).

Mrs. W. J. Allran

FOR ICE CUBES THAT ARE DIFFERENT

Freeze ginger ale in your refrigerator trays leaving the partitions or grids in. A few frozen ginger ale cubes will add zest to your favorite cold beverage.

Use your favorite color in pure food coloring, mixing it with water to obtain the desired shade. Freeze this in your refrigerator trays with partitions in. Serve with plain lemonade or any pale colored beverage. You'll like the effect.

Lemon juice diluted with three parts of water and frozen in cubes will add just enough lemon tang to iced tea.

Equal parts of lemon juice, orange juice, and water mixed together and frozen in your freezing trays with partitions or grids in, will add much flavor to your favorite cold fruit drinks and beverages.

Sprigs of mint, small pieces of lemon or orange, halves of maraschino and mint cherries may be frozen in your ice cubes to add color to your cold beverages. Fill trays half full of water, freeze, add garnish, and cover with water. This should freeze before tray is filled for the final freezing.

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CHERRYVILLE, N. C.



BREADS

"Here is bread which strengthens man's heart and therefore is called the staff of life."

THE ORIGIN OF ASH CAKES

"Old as the hills," is the ash cake, doubtless taught our pioneer women by some friendly Indians; "befo' de war," the ash cake became a staple of the Negro cabin and the delight of young Marse Willyum or li'l Miss Nancy when they visited Mammy or Uncle in the quarters. To-day if you are rich in the possession of an open fire, you can recapture for your children an hour from the life experience of one of their many times great-grandmothers. Place your logs within the grate, a wood fire is a necessity; no one ever heard of baking an ash cake with a coal fire, it just isn't done.

ASH CAKES

Make a stiff dough of one quart of corn meal, sifted; one teaspoonfull of salt and some water. Knead well. Pat the cakes into shape by throwing them quickly from one hand to the other, back and forth, again and again, until you have achieved well rounded, oval shapes.

Sweep a clean place in the hottest part of the hearth. Wrap each cake in green cabbage leaves or corn husks, cover with hot ashes. When done, rake out the cakes and wipe clean. They should be eaten immediately with butter.

(Courtesy, Richmond Hotels, Inc., Richmond, Va., from their "Cooking of The Old Dominion Prior to 1838.")

BISCUITS

2 C. sifted White Goose
flour

1 T. baking powder

4 to 6 T. shortening

$\frac{1}{2}$ t. salt

$\frac{1}{3}$ to $\frac{1}{2}$ C. milk

Sift flour with baking powder and salt. Cut in shortening until well blended and a consistency of meal. Add milk. Turn on lightly floured surface and knead only enough to make the dough handle easily, about $\frac{1}{2}$ minute is enough. Pat or roll out $\frac{1}{2}$ inch thick and cut with biscuit cutter, dipped in flour. Place on baking sheet and bake in hot oven (450° F.) for 15 or 20 minutes.

Mrs. M. A. Stroup

BEATEN BISCUITS

1 qt. White Goose flower

1 pinch baking powder

1 t. salt

1 T. shortening

Sift the dry ingredients together, and cut in the shortening. Soften with half milk and water to make a stiff dough. Knead until smooth, beat until it blisters—300 to 500 licks. Shape into biscuits and bake in quick oven.

Mrs. M. A. Stroup

BEATEN BISCUIT

"Neither bell nor clock was needed to warn us of the rising hour; for when we heard a steady thump, thump, thump, we knew Uncle Moses was pounding the beaten biscuits, which, hot and delicious, invariably appeared upon the breakfast table."

One quart of flour, one heaping teaspoonful of salt, two tablespoonfuls of butter and lard mixed, enough milk to make a stiff dough (about one cup). Work the dough a little, then beat on biscuit block (or biscuit break) until it blisters; roll out to the size you wish and cut with a tin cutter; stick with a fork. Bake in a moderate oven. Serve hot or cold.

It is not beating hard that makes the biscuits nice, but regularity of the motion. Beating hard, the old cooks say, kills the dough.

(Courtesy, Richmond Hotels, Inc., Richmond, Va., from their "Cooking of The Old Dominion Prior to 1838.")

CHEESE BISCUITS

1 lb. White Goose flour

$\frac{3}{4}$ lb. Coble's butter

1 lb. grated cheese

Pinch baking powder

Combine all ingredients, and mix thoroughly. Roll out on board. Cut and bake. (1 qt. of unsifted flour equals 1 lb.)

Mrs. John P. Wilson

DROP BISCUITS

2 $\frac{3}{4}$ C. White Goose flour

6 T. shortening

4 t. baking powder

1 $\frac{1}{4}$ C. milk

1 t. salt

1 t. sugar or more

Sift dry ingredients together, cut in the shortening. Add milk, stirring only enough to blend well. Drop by spoonfuls on well-greased baking pan. Bake in hot oven 450° F. from 10 to 12 mins. (These biscuits may be split and used with various fruits and cream for a shortcake, individual servings).

Mrs. Ruth Porter

HAM BISCUITS

2 C. White Goose flour

2 T. melted Coble's Butter

4 t. baking powder

4 T. shortening

$\frac{1}{4}$ to $\frac{1}{2}$ t. salt

$\frac{1}{2}$ to 1 t. prepared mustard

$\frac{1}{2}$ C. minced N. C. country ham

Sift dry ingredients together, cut in the shortening, and add milk gradually until a soft dough is reached. Turn out on a well floured surface and pat into a sheet $\frac{1}{2}$ inch thick. Cut with a small well floured cutter. Lay half of the biscuits on a well greased baking sheet; and brush with the melted butter. Put 1 t. ham which has been combined with the mustard on top of each biscuit; top with the rest of the biscuits. Brush with pastry brush which has been dipped in sweet milk or egg white. Bake in hot oven 10 to 12 mins. Serve piping hot. Delicious!

Mrs. M. A. Stroup

ORANGE BISCUITS

Use the recipe above to make the dough, omitting the ham and mustard. Spread the dough with melted butter, and 4 T. sugar dissolved in $\frac{1}{2}$ C. orange juice. Sprinkle with grated orange rind. Roll up like jelly roll and cut in slices $\frac{1}{2}$ inch thick. Bake in hot oven 12 to 15 mins.

Mrs. M. A. Stroup

CAROLINA SWEET POTATO BISCUITS

- | | |
|--|--------------------|
| 1 C. hot mashed sweet potatoes | 1 t. salt |
| ¼ C. sugar (more if a sweeter
biscuit is desired) | 1 egg (beaten) |
| 3 T. shortening | 4 t. baking powder |
| 3 C. White Goose flour | ½ C. milk |

Cream together the potatoes and shortening. Sift the flour, baking powder, salt, and sugar together. Add to the potato mixture, alternating with the milk. Knead only enough to make the dough easier to handle. Roll on well floured surface and cut. Lay on well greased and floured baking sheet. Bake at 450° F. 10 to 12 mins. or until done. (If all the dough is not used, the remaining may be kept in a covered dish in the refrigerator a day or so. If you plan to store part of the dough, suggest you use a double acting baking powder).

Mrs. M. A. Stroup

BISCUITS "SUPREME"

- | | |
|------------------------|-----------------|
| 2 C. White Goose flour | 2 t. sugar |
| ½ t. salt | ½ C. shortening |
| 4 t. baking powder | 2/3 C. milk |
| ½ t. cream of tartar | |

Sift together twice: flour, salt, baking powder, cream of tartar, and sugar. Cut in shortening until the lumps are the size of peas. Add milk all at once, mix lightly. Cut and lift with a spatula on to an ungreased baking sheet. Bake until golden brown.

Mrs. Carlyle Summer

TEA BISCUITS

- | | |
|---|------------------------------------|
| 1 yeast cake or 1 pkg. yeast
dissolved in cup lukewarm liquid
and add sugar | 1 T. sugar |
| 3 C. White Goose flour | 2 T. vegetable shortening (melted) |
| 1 t. salt | ½ C. lukewarm milk |
| | ½ C. lukewarm water (potato water) |

Mix together thoroughly to a dough. Let stand about 2 hours and roll out. Cut like biscuits. Let stand 2 more hours, then bake. (Length rising time depends somewhat on the weather).

Mrs. T. D. Gurley

BANANA RYE BREAD

(For persons allergic to eggs, wheat and milk)

- | | |
|--|---|
| 2 cakes compressed yeast or 2 pkgs.
dry yeast | 1½ T. sugar |
| 3 T. lukewarm water | 3 T. melted shortening
(Not butter) |
| 1 T. salt | 5 to 6 fully ripe bananas
mashed to make 2¼ cups |
| 5¼ to 6 C. rye flour | |

Dissolve yeast in water. Mix together salt, sugar, shortening, and bananas. Add half the flour and beat until smooth. Beat in the dissolved yeast. Add remaining flour gradually and mix well. Turn dough into lightly greased bowl. Cover and let rise until double in bulk (about 2 hours). Turn out again onto floured board and knead lightly about 2 mins. Shape dough into 2 loaves. Place into lightly greased bread pans (8x4x3 ins.). Cover and let rise again until double in bulk (about 1 hour). Bake in hot oven 425° F. 5 to 10 mins. or until crust begins to brown. Reduce temperature to 350° F. and bake 35 to 40 mins. longer, or until bread is done. Remove from pans. Brush top crust with water. Makes 2 loaves. For 1 loaf, use ½ or each ingredient listed.

(Courtesy, United Fruit Co.)

BANANA BREAD

$\frac{1}{2}$ C. Coble's butter	1 t. soda
$1\frac{1}{2}$ C. sugar	4 T. buttermilk
2 eggs, unbeaten	3 ripe bananas, mashed
$1\frac{3}{4}$ C. sifted White Goose flour	$\frac{1}{2}$ C. pecans, broken

Cream butter, add sugar gradually, and beat until light. Add eggs, one at a time, beating well after each addition. Sift flour and soda together. Mix into batter, alternately with buttermilk. Blend in bananas, then pecans. Bake in a greased loaf pan at 350° F. about 45 mins.

Mrs. Ralph Hoyle

To produce the mouth watering composition of the best tradition, the corn should be burr ground between stones turned by water, and never bolted, the bran being sifted out by hand. The meal is white, of course,—no truly Virginia bread is made of Yellow meal. Hand churned buttermilk is the favored liquid, after which comes sour milk or clabber, although there are times when only sweet milk will please the fastidious domestic artist.

BATTER BREAD

Take four eggs, one cup of corn meal, one pint of sweet milk, one teaspoonful of salt, one tablespoonful of sugar, and two tablespoonfuls of butter. Scald the milk and stir in the meal and allow it to cool, then add the other ingredients. Save the whites of the eggs and add them last.

Put the butter in a baking dish and melt it. Then add to the mixture. Put the mixture in a hot dish and bake it for about forty-five minutes in a moderate oven.

This should be used with roe herring and crisp bacon for breakfast.

(Courtesy, Richmond Hotels, Inc., Richmond, Va., from their "Cooking of The Old Dominion Prior to 1838.")

BOHEMIAN BREAD

1 pkg. yeast	$\frac{1}{4}$ t. nutmeg
$\frac{1}{4}$ C. milk (lukewarm)	1 t. lemon peel (chopped)
1 C. Coble's butter	$\frac{1}{2}$ C. raisins
$\frac{3}{4}$ C. sugar	$\frac{1}{3}$ C. wholewheat cereal (or chopped almonds)
2 eggs (beaten)	Powdered sugar
4 C. White Goose flour	
$\frac{1}{2}$ t. salt	

Soften yeast in milk, add 1 T. flour and let rise in warm place. Cream butter, add sugar. Mix well. Add eggs, yeast, flour and seasonings. Mix well. Add lemon peel, raisins and cereal. Knead thoroughly. Half-fill greased ring shape pan. Put in 300° F. oven. Heat oven to 400° F. Bake 1 hour. When baked, sift powdered sugar on top.

(From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley).

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CHRISTMAS BREAD

- | | |
|---------------------------------------|----------------------------------|
| 2 C. milk, scalded | 4 eggs (well beaten) |
| ½ C. sugar | 6 C. White Goose flour |
| 4 yeast cakes or 4 pkgs.
dry yeast | ½ lb. finely cut citron |
| 4 C. White Goose flour | 1 lb. dates (chopped) |
| 2 t. salt | 1 lb. candied cherries (chopped) |
| 1 C. shortening (melted and cooled) | 1 lb. chopped nuts |

Combine milk and 2 T. sugar and stir until dissolved. Cool to lukewarm. Put yeast in bowl, gradually add lukewarm milk and stir (gently) until yeast is dissolved. Add 4 C. flour and mix well. Let sponge rise until double in bulk. Cut down and let rise again until double in bulk. Add remaining sugar, melted shortening, beaten eggs, and 6 C. flour. Knead until smooth. Add fruits and nuts and knead until well mixed. Shape dough into loaves and place in six 6½x3½x2½-inch loaf pans, greased with shortening. Cover and let rise until light. Bake in moderate oven (350° F.) 45 mins. (A combination of almonds and walnuts is delicious in this bread).

Mrs. Fred Houser

CORN BREAD

Put 4 T. Coble's Butter into baking dish and melt in the oven. Meanwhile beat 2 egg whites stiff, add the 2 yolks and beat. Add 4 T. sugar. Sift together 1 C. White Goose Flour, 1 C. corn meal, and 4 t. baking powder, and add alternately with 2/3 C. milk to the egg mixture, beating well after each addition. Add the melted butter. Turn into baking dish and bake for 25 mins. at about 400° F. Mrs. W. J. Allran

CRACKLING CORN BREAD

- | | |
|-------------------------|--|
| 1 C. corn meal | 1 egg |
| ½ t. salt | 1 to 2 C. cracklings |
| 1 T. White Goose flour | Enough water or milk to make
a stiff batter |
| 2 t. baking powder | |
| 1 t. sugar (if desired) | |

Sift dry ingredients together, add egg, and water or milk. Add cracklings, and beat thoroughly. Bake in well greased shallow baking pan in hot oven about 20 mins., or drop by spoonfuls on a hot well greased griddle or skillet. Fry until brown on both sides.

Mrs. T. D. Gurley

"Favorite Recipe of Miss Miriam Hopkins."

GOLDEN CORN BREAD

- | | |
|------------------------|--|
| 2 C. corn meal | 2 eggs |
| 1 C. White Goose flour | 6 T. sugar |
| ½ t. baking powder | 1 C. sour milk |
| ½ t. soda | ¼ C. melted shortening
(Coble's butter) |
| 1½ t. salt | |

Mix and sift all dry ingredients. Beat the eggs, add the milk, combine the mixtures, and add melted shortening. Pour into a greased rectangular pan, 6x8 inches, and bake in oven 425° F. for about 20 mins. If you prefer, bacon drippings may be used in place of the butter.

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BAKED NORTH CAROLINA CORN PONES

Mix equal quantities of water ground meal and boiling water. Stir until the dough begins to stiffen, then let it stand for a few moments; then stir again. Add salt or not, to the taste. Make into pones and put on a hot well greased griddle. (May be baked in hot oven which requires high heat. Griddle requires high heat, only at the beginning). Cook slowly until brown on the bottom, then turn and keep covered until the other side is brown, and center is soft and spongy. This is delicious. Serve piping hot.

Mrs. T. D. Gurley

EGG BREAD (Light Corn Bread)

(An old time recipe of North Carolina used for generations).

- | | |
|------------------|----------------------|
| 1 pt. buttermilk | 1 t. soda |
| 1 pt. corn meal | 1 t. sugar |
| 3 or 4 eggs | well greased skillet |

Mix all ingredients together with the exception of the egg whites. Fold them last, stiffly beaten. Bake in a moderate oven 25 to 30 mins. or until done. This is delicious. It is often mistaken for cake.

Mrs. M. A. Stroup

HOME-MADE LIGHT BREAD

Put 5 C. unsifted White Goose Flour in a bowl, make a hole in center and put in:

- | | |
|-----------------|---------------------------------|
| 1 T. salt | 1 pkg. yeast dissolved in luke- |
| 2 T. sugar | warm water |
| 3 T. shortening | |

Pour over this 2 C. luke warm water and slightly knead. Add only enough flour to keep from being sticky. Place in greased bowl in warm place to rise until about triple in size—about 1½ hours. Take out, pat down, work out air bubbles, place in greased pans. Let rise about 40 mins. Bake in oven 250° F. for 15 mins., turn to 350° F. and bake for 50 to 55 mins.

Mrs. Victor Stroup

NUT BREAD (1)

- | | |
|------------------------|--------------------|
| 1 egg | 3 t. baking powder |
| ½ C. sugar | 1 t. salt |
| 1 C. sweet milk | 1 C. chopped nuts |
| 3 C. White Goose flour | |

Mix and let rise 30 minutes. Bake in moderate oven 45 minutes.

Mrs. Julia R. Hall

NUT BREAD (2)

- | | |
|------------------------|---------------------------------|
| 2 C. milk | 2 eggs |
| 2 C. chopped nuts | 1 t. salt |
| 1 C. sugar | 6 Scant teaspoons baking powder |
| 5 C. White Goose flour | |

Mix dry ingredients, then add eggs beaten and mixed with milk. Bake in two loaf pans for 1 hour in a very moderate oven.

Mrs. L. L. Summer

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Elsie L. Sain

BREAD—(Refrigerator)

2¼ C. warm water
2 T. shortening
¾ C. sugar
1 T. salt

1 pkg. yeast
2 well beaten eggs
8 C. sifted White Goose flour

Dissolve the yeast in ¼ C. water (lukewarm). Combine shortening, salt, sugar and warm water. Add the yeast mixture, eggs; mix well. Add one-half the flour and beat well. Add the rest of the flour, mixing well. Put in refrigerator overnight, (or until ready to use). Put down and set in warm place 3 hours before cooking. Bake at 400° F. about 45 minutes or until done. (Makes 2 large loaves or 3 small ones).

Mrs. Roy E. Houser

SALT RISING BREAD

Yeast
3 med. white potatoes
1½ t. sugar
1 t. salt
3½ C. boiling water
3 T. corn meal

Dough
2 C. lukewarm milk
⅛ to ¼ t. soda
1 C. lukewarm water
Enough White Goose flour to make
dough stiff enough to knead.
2 T. melted shortening
⅛ t. salt

Peel and slice the potatoes, add the cornmeal, salt, sugar, and boiling water. Wrap the bowl in a heavy towel. Cover top of bowl, and let stand in a warm place overnight. The next morning, remove the potatoes. To this mixture add the milk, water, salt, soda, and shortening, and mix thoroughly. Add sufficient flour to make a stiff dough that can be handled and kneaded. Knead until dough is smooth and elastic. Form into three loaves; place in well greased loaf pans. Cover with cloth and place in a warm place. Let rise until doubled in size. Bake in a moderate oven 425° F. for 45 mins. or until done. This is wonderful bread.

CINNAMON BUNS

1 C. sweet milk (scald)
1 scant cup mashed Irish potatoes
2/3 C. Coble's butter and shortening mixed, or all Coble's butter or all shortening

2 eggs (beaten)
1 t. salt
1 pkg. yeast
½ C. lukewarm water
2/3 c. sugar

Let yeast stand in water 1 hr. Mix salt, sugar, potatoes, milk, and shortening, and when cool, add beaten eggs and yeast. Add enough White Goose All Purpose Flour to make a good dough (not too stiff). Knead well and let rise 3 times its normal size. Knead again and put in refrigerator. When making buns, put a small amount of butter, ½ teaspoonful brown sugar, and 4 or 5 pieces of nut meats in bottom of muffin tins. Roll dough as thin as for ordinary rolls, sprinkle brown sugar and cinnamon in center. Roll up in long strips, cut in slices, put in tins, and press down on nut meats. Let rise and bake. (Delicious).

Mrs. George S. Falls

HOT CROSS BUNS

Use dough made from your favorite roll recipe. Roll out dough about ¾ to 1 inch thick. Cut out with well floured cutter. Place in well greased pan, and let rise until buns are three times original size. Brush the top of each bun with a pastry brush, dipped in white of egg. Using a very sharp knife, cut a cross on the top of each bun. Bake in a hot oven, around 450° F. for 12 to 15 mins. Remove from oven. Brush the top of each bun with pastry brush which has been dipped in melted butter. Fill the cross with plain confectioner's sugar frosting. (This is a Lenten favorite).

Mrs. T. D. Gurley

CORN MEAL DUMPLINGS FOR TURNIP GREENS

1 C. corn meal
2 C. boiling water
½ t. salt

½ C. White Goose flour
2 t. baking powder
1 egg

Pour boiling water over meal and salt. Cook for 2 minutes. Remove from fire. Cool. Add the flour sifted with the baking powder. Add the well beaten egg. Beat the mixture for a minute, then drop by spoonfuls into the boiling greens to stew. Cook 10 minutes without lifting lid from the pot. Cook for 25 minutes.

Mrs. C. T. Skidmore

PINEAPPLE FRITTERS

1 C. White Goose flour
1 T. sugar
1 t. baking powder
1 egg (beaten)

½ C. milk
2 T. shortening
6 small pineapple slices
Deep fat for frying

Sift dry ingredients together. Combine egg with milk, stir in the liquid mixture with the dry mixture. Add the melted shortening. Shred the pineapple slices and add them to the batter. Fry spoonfuls of the batter in deep hot fat until golden brown. Drain on crumpled absorbent paper. Sprinkle with powdered sugar, if desired. (Other fruits, such as apples, bananas, peaches, etc. may be substituted for the pineapple, all are delicious prepared in this way).

Mrs. Felix Mendel, Jr.

PINA FRITO (Fried Pineapple)

1 fresh pineapple
(peeled & sliced)
(canned slice pineapple can be
used)
1 C. White Goose flour

2 T. sugar
½ t. salt
Grated peel of 1 lemon
2 eggs
½ C. milk

Mix the flour, sugar, and salt. Add the beaten egg yolks, lemon peel, and the milk. Mix well. Add the egg whites, folding in well with the rest of the mixture. Dip the pineapple slices in the batter and fry in deep fat. When the slices are browned, remove and drain on brown paper.

Mrs. Virginia Beam Passage, Barranquilla, South America

APPLE SAUCE MUFFINS

"Favorite recipe of Mrs. William D. Edwards, 4th District President, The North Carolina Federation of Women's Clubs."

½ C. shortening
1 C. sugar
2 eggs
1 C. apple sauce

2 C. sifted White Goose flour
3 T. baking powder
½ t. salt
1 C. chopped nuts

Cream together shortening and sugar. Add beaten eggs and apple sauce. Sift together flour, baking powder, and salt. Add flour mixture to creamed mixture, stirring only enough to moisten flour, add nuts. Fill greased muffin pans 2/3 full. Bake in moderate oven (375° F.) 20 to 35 mins.

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CORNMEAL MUFFINS

1¼ C. White Goose flour	1 C. cornmeal
1 t. salt	3 T. shortening
2 t. baking powder	2 T. sugar
¾ t. soda	1¼ C. sour milk
2 eggs, (well beaten)	

Sift dry ingredients together. Cream shortening and sugar, add milk, and the flour-cornmeal mixture. Add eggs, mix well. Bake in muffin tins about 40 mins.

Mrs. L. Edwin Rudisill

ENGLISH MUFFINS

1½ C. milk, scalded and cooled to lukewarm	1 t. salt
1 T. sugar	1 pkg. dry yeast
3 C. White Goose flour	1 egg, (well beaten)
	½ t. soda

Soften yeast in milk, add sugar and salt; add flour and beat thoroughly. This is important. Set in warm place and allow to become light. Add egg and baking soda. Beat thoroughly. Cook in well greased muffin tins on hot griddle, if can. If not, bake in hot oven until cooked on bottom. Then turn to complete cooking. Makes 18 muffins. (This batter may be dropped by spoonfuls and cooked on a hot griddle).

Mrs. T. D. Gurley

RAISIN-BRAN MUFFINS

2 T. shortening	1 C. White Goose flour
¼ C. sugar	1 t. baking powder
1 egg (well beaten)	½ t. soda
1 C. sour milk	½ t. salt
1 C. All Bran flakes	¼ to ½ C. raisins

Cream the shortening and sugar, add egg and sour milk. Add All-Bran and let soak until most of the moisture is taken up. Sift flour with baking powder, soda and salt, and add to first mixture, stirring only until flour disappears. Fill greased muffin tins two-thirds full and bake in a moderate oven 425° F.) for 20 to 25 mins. yields 8 large or 12 small muffins. 1¼ C. Raisin-Bran may substitute for the All-Bran, omit the ¼ to ½ C. of raisins.

Mrs. Howard Allran

REFRIGERATOR ROLLS

"Favorite recipe of Mrs. Ed M. Anderson (Mrs. Stella W. Anderson), President, The North Carolina Federation of Women's Clubs":

2 C. boiling water	¼ C. lukewarm water
1/3 to ½ C. sugar	1 t. sugar
1 T. salt	2 eggs
1/3 C. lard or fat	8 C. White Goose flour
2 cakes or pkgs. yeast	

Utensils: Muffin Pans

To Mix: Mix first four ingredients. Cool to lukewarm. Combine mixture and eggs, and 4 C. flour. Beat thoroughly. Then add 4 C. more flour. Do not knead. Cover and put in refrigerator. Cut off uniform sized pieces of dough. Mold into Clover Leaf rolls. Place in greased muffin pans. Let molded rolls rise in a warm place about 1 hour or until doubled in size.

To Bake:

- 1—Place in cold oven
- 2—Set control to 400° F.
- 3—Turn switch for baking
- 4—Time—25 to 30 minutes.

HOT ROLLS

Take 2 C. milk and heat it. To 1 C. of the milk add 2 T. shortening, 1 t. salt, 2 T. sugar. Dissolve 2 pkgs. of yeast in the other cup of milk which has cooled to lukewarm. Add the yeast mixture to the first mixture. Add 5 to 8 C. White Goose Flour, to make soft dough. Mix well. All to rise; punch down and put in pan to rise again. When rolls have doubled in bulk, bake.

Mrs. Perry London

THIRTY MINUTE ROLLS

Sift together:

2½ C. White Goose flour

1 t. baking powder

1 t. salt

Mix well:

3 scant tablespoons melted Coble's

butter (have extra to dip rolls in).

1 pkg. yeast dissolved in

1 C. lukewarm buttermilk

¼ t. soda

1 t. sugar

Make into dough; knead until smooth; roll out; cut; dip into butter and fold. Let rise in a warm place 30 minutes. Bake in a quick oven 10 mins.

REFRIGERATOR ROLLS

Pour ½ C. boiling water over ½ C. shortening. Cool to lukewarm. Dissolve 1 cake yeast or 1 pkg. dry yeast in ½ C. cold water and add to first mixture. Add ¼ C. sugar, 1 t. salt, 4 C. White Goose Flour, and 1 whole egg (beaten separately). Chill in refrigerator until needed; may be kept several days in refrigerator. Make out rolls, let rise 2 hours, and bake.

Mrs. J. Ben Dellinger

ICE BOX (Refrigerator) ROLLS

1 pt. sweet milk

1 pt. water

¾ C. sugar

1 C. lard

Let come to a boil. Cool to lukewarm, add 2 yeast cakes, beat in flour until like thin cake batter. Let rise until double in bulk. Add 1½ t. soda, 1 T. salt, and 2 t. baking powder sifted with flour. (Use enough flour to make a soft dough). Grease a bowl and lid and put dough in this. Put in ice box to be used as needed.

Mrs. L. L. Summer

SALLY LUNN

1 C. milk, scalded

2 T. shortening

2 T. sugar

½ t. salt

3¾ C. White Goose flour

1 Cake fresh yeast or

1 pkg. granulated yeast

¼ C. lukewarm water

3 well beaten eggs

Combine milk, shortening, sugar, and salt; cool to lukewarm. Add yeast softened in lukewarm water; add eggs. Add flour and beat vigorously. Cover and let rise in warm place (82 degrees) until doubled in bulk, about 7 hours. Beat well. Fill greased muffin pans two-thirds full. Let rise until doubled in bulk. Bake in a moderately hot oven (375° F.) 20 mins. Makes 1½ dozen. Note: This can also be baked in a cake pan with spout or in loaf pan. This quantity will make approximately two regular sized loaves, or one cake pan and a small loaf pan.

Mrs. T. D. Gurley

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BANANA SCALLOPS

1 egg
2 T. milk
1½ t. salt
1 T. sugar

3 bananas*
¾ C. bread or cracker crumbs or
cornflakes

Beat egg, add salt and milk. Peel bananas and slice crosswise into 1 inch thick pieces. Dip in egg mixture, then roll in dry crumbs or crushed cornflakes. Fry in deep hot fat until brown and tender. Remove and drain on absorbent paper. Serve very hot. *(Use green-tipped or all yellow bananas, but not brown-flecked skinned bananas).

Courtesy, United Fruit Co.

ENGLISH CREAM SCONES

2 C. sifted Swans Down flour
2 t. Calumet baking powder
½ t. salt
1/3 to ¼ C. light cream

2 T. sugar
4 T. Coble's butter
2 eggs

Sift flour, measure, add baking powder, salt, sugar, and sift again. Cut in butter. Reserve ½ of 1 egg white for glaze. Beat remaining eggs well and add cream; add all to flour mixture and stir until flour is dampened; stir vigorously until mixture forms a soft dough and follows spoon around mixing bowl. Turn out immediately on lightly floured surface and knead 30 seconds. Roll ½ inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops lightly with reserved egg white, slightly beaten; sprinkle with sugar, or sugar and cinnamon. Bake in hot oven 450° F. for 12 mins, or until browned. Makes about 1 dozen scones.

Mrs. M. A. Stroup

SCOTCH SHORTBREAD

2 C. sifted Swans Down cake flour
½ C. Coble's butter

½ C. powdered sugar

Sift flour once and measure. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Work in flour using pastry blender or finger tips. Press into well greased pan 8x8x2 inches, and prick with fork. Bake in moderate oven 350° F. for 50 mins. or until delicately browned. Cool slightly and cut in squares before removing from pan.

Mrs. T. D. Gurley

SPOONBREAD

("Favorite recipe of Mrs. J. L. Blair Buck, President, General Federation of Women's Clubs.")

2 C. sweet milk
1 C. corn meal
1 t. salt
1 t. sugar

1 T. shortening
3 beaten egg yolks
3 stiffly beaten whites
2 t. baking powder

Cook cornmeal and milk together until thick; add salt, sugar, shortening, and yolks of eggs. Beat well and add the baking powder. Fold in the beaten whites, pour in a buttered baking dish and bake about 20 mins. in a hot oven. Serve in dish in which baked.

SOUR MILK WAFFLES

2 C. White Goose flour
1 t. baking powder
1 t. salt
1 t. soda

2 eggs
2 C. buttermilk
4 T. melted Coble's butter

Mix flour, baking powder, salt, and soda, and sift together. Add eggs, slightly beaten, then the buttermilk. Beat well, then add melted butter. Bake on hot waffle iron.

Mrs. J. Ben Dellinger

CHOCOLATE WAFFLES

½ C. shortening
2 eggs, beaten
1¼ C. flour
6 T. Baker's Cocoa
½ t. salt

¾ C. sugar
1 T. strong coffee
1 t. vanilla
1 t. Calumet baking powder
½ t. cinnamon

Cream shortening, add sugar and cream until light. Add eggs, flavoring, coffee, and dry ingredients sifted together; mix well. This makes a stiff mixture. Heat waffle iron, but not as hot as for breakfast waffles. Place spoonful of mixture in each section of the waffle iron. Bake. Serve with whipped slightly sweetened cream or your favorite ice cream. Delicious!

Mrs. Milton Gold

STANDARD WAFFLES

2 C. White Goose flour
1 t. salt
1 T. sugar
3 T. melted Coble's butter

4 t. baking powder
2 eggs
1¾ C. milk

Sift dry ingredients. Beat yolks until light, add milk and pour into a hollow in center of dry ingredients. Add butter and beat until light and smooth. Just before baking, fold in stiffly beaten whites of eggs. Bake on a hot well oiled waffle iron and serve immediately.

Mrs. M. A. Stroup

Waffle Variations:

Cocoanut Waffles: Add ½ C. cocoanut to regular waffle recipe. Bake as usual.

Cinnamon Waffles: Add 2 t. cinnamon to waffle recipe. Bake as usual. Delicious with hot maple syrup.

Peanut Butter Waffles: Add 3 T. Peanut Butter to waffle recipe. Bake as usual.

Ham Waffles: Add ½ C. minced ham to recipe.

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Cherryville, N. C.

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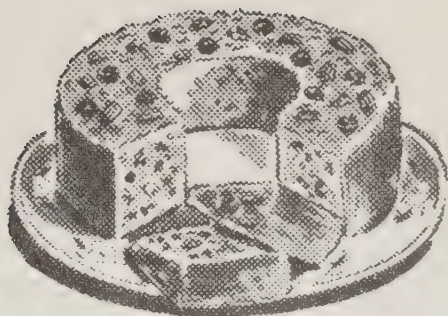
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CAKES

ANGEL FOOD CAKE

12 egg whites
1 t. cream of tartar
¼ t. salt

1½ C. sugar
1 C. Swans Down Cake flour
1 t. vanilla or almond extract

Sift flour six times and sift sugar six times. Beat egg whites until stiff but not dry, adding cream of tartar and salt while beating. Add sugar slowly and continue beating at least five mins. Add flavoring. Fold in flour gradually. Bake in ungreased tube pan for 1 hour with oven temperature 325° F. Do not open oven door while cooking. Remove from oven and gently invert pan until cake is cold. With a sharp knife loosen cake from side and stem of pan. Tap edge of pan on table to loosen. Keep hands under cake while tapping.

Mrs. W. F. Starnes

APPLE SAUCE CAKE (1)

1½ C. apple sauce
½ C. Coble's Butter
1½ C. sugar
½ C. raisins
½ C. chopped nuts

½ t. cinnamon
1 t. ground cloves
2 t. soda
2 C. White Goose flour
2 eggs

Cream butter, add sugar, eggs, apple sauce in which the soda has been dissolved. Then add spices, flour, and last the nuts and raisins. Bake.

Mrs. Troy C. Homesley

FAVORITE RECIPES OF CLUBS IN DISTRICT NO. FOUR

SHERRY CAKE

6 eggs
2 cups sugar
2 tsp. vanilla
3 cups grated zwieback (2 boxes)

1 cup pecans
2 tsp. baking powder
1 cup sherry wine

Separate eggs - beat yolks. Add sugar, zwieback, baking powder and nuts. Fold in well beaten egg whites and vanilla. Bake in two layers at 350 degrees. Cool. When cool, pour 1 cup Sherry wine. Put together with whipped cream.

Cherryville Woman's Club
Mrs. C. A. Rudisill
Mrs. D. R. Mauney

ZWIEBACK ICE BOX CAKE

1 pkg. zwieback (rolled fine)
5 eggs
1 cup sugar
1 cup nut meats (chopped)

1 teaspoon vanilla
1 heaping teaspoon baking powder
1 cup sherry wine

Beat eggs ten minutes by hand or (5 min. Electric Mixer). Add sugar and beat 5 minutes or (2½ minutes Electric Mixer). Mix zwieback, nut meats and baking powder and add this mixture to eggs and sugar. Line two pans with wax paper and grease and flour. Bake at 250 degrees F. for a short time. Turn out and remove paper slowly. When cake is cool, stack with whipped cream. Ice top and sides of cake with cream also. Put in refrigerator over night. Slice when ready to serve.

Kings Mountain Woman's Club
Mrs. George H. Houser

BANANA CREAM CAKE

2 C. Swans Down Cake flour
1½ C. sugar
2½ t. Calumet Baking powder
1 t. salt
½ C. shortening

1 C. less 2 T. milk
1½ t. vanilla
2 eggs, unbeaten
3 or 4 bananas

Sift flour, sugar, baking powder, and salt into mixing bowl. Drop in shortening (which should be at room temperature). Blend together. Add 2/3 of the milk, then the vanilla. Beat 200 strokes (2 mins. by hand or with electric mixer on low speed). Scrape bowl or beater. Add eggs and remaining milk. Beat 200 strokes (2 mins. by mixer). Bake in two deep 8" layer pans which have been well greased and floured. Bake in moderate oven (375° F.) for 25 to 35 mins. Cool. Put layers together with whipped cream filling, and sliced bananas which have been sprinkled with lemon juice to prevent discoloration. Top with whipped cream filling and sliced bananas. Chill until ready to serve.

Whipped cream filling: Whip 1 C. heavy cream and fold in ¼ C. confectioner's sugar, and a few drops of vanilla.

Mrs. T. D. Gurley

BRIDE'S CAKE

¾ C. Coble's Butter
1¼ C. sugar
2 C. Swans Down Cake flour
2 t. baking powder
¼ t. salt

½ C. milk
1 t. vanilla
½ t. almond extract
6 egg whites

Cream the butter and add the sugar, and cream until light and fluffy. Sift the flour, baking powder, and salt together and add to the butter sugar mixture alternately with the milk. Add the flavoring. Beat the egg whites until stiff but not dry, and fold them into the cake batter. Bake in 2 9-inch greased and floured layer cake pans at 350° F. for 30 to 35 mins. Recipe may be doubled or tripled with the same success. I have used this recipe for years and it makes an excellent cake. Fill and frost with favorite boiled frosting.

Mrs. T. D. Gurley

CARAMEL CAKE

2 C. Swans Down Cake flour
1¼ C. sugar
3½ t. baking powder
1 t. salt

½ C. shortening
1½ t. vanilla
3 egg whites, unbeaten

Sift flour, sugar, baking powder, and salt into mixing bowl. Drop in shortening; add 2/3 of milk, then vanilla, and beat 200 strokes (2 mins. on mixer at low speed). Add egg whites and remaining milk and beat 200 strokes. Bake in two square 8x8 greased cake pans in moderate oven (350° F.) for 25 to 30 mins. Ice with the following.

CARAMEL ICING

2 C. brown sugar

½ pint heavy sour cream
1 t. vanilla

Cook sugar and cream until it forms a soft ball when dropped into cold water. Let cool. Add vanilla and beat until of spreading consistency.

Mrs. Ben R. Rudisill

Compliments of

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Phone 6041

Cherryville, N. C.

CHEESE CAKE

1½ lbs. Phila. Cream Cheese or
or 8 - 4 oz. pkgs.

1 t. vanilla
1 scant sup sugar

4 eggs

Beat eggs well, add sugar, cheese and vanilla. Beat 10 mins. with electric beater. Pour into spring form pan, lined with graham cracker crust (2½ C. graham crackers rolled fine, ¼ lb. Coble's butter). Mix together and press into mold sides and bottom. Put in cheese mixture and bake 30 mins. at 375° F., oven preheated. Take out at end of 30 mins., cool for 5 mins. Heat oven at 475° F. after cake cools for 5 mins., put in hot oven for 5 or 6 mins., with following spread on top:

TOPPING

1 pt. thick sour cream

2 t. sugar

1 t. vanilla

Put on carefully so as not to break hot cheese cake. Chill overnight in refrigerator. Serve topped with frozen raspberries or strawberries. Mrs. Ruth Porter

CHOCOLATE CAKE

2 C. White Goose flour

1 t. soda

½ t. salt

½ C. boiling water

3 sq. Baker's unsweetened Chocolate

½ C. shortening

1 C. white sugar

½ C. brown sugar

2 eggs, beaten

1 t. vanilla

2/3 C. sour milk

Mix in usual way. Melt chocolate in boiling water, add to mixture. Bake in 9" layer pans at 350° F. Frost with any desired frosting. Mrs. W. H. Houser, Jr.

PARTY CHOCOLATE CAKE

"Favorite recipe of Miss Jane Withers"

Beat 2 eggs well, add 1 cup sugar gradually and continue beating. Sift 1 cup flour, ½ cup cocoa, 2 t. baking powder together and add into mixture. Gradually add ½ C. milk and beat between each addition. Melt 4 T. butter and add to batter. Beat. Flavor with touch of vanilla. Bake for 40 mins. in moderate oven.

SURPRISE CHOCOLATE CAKE

Sift together:

1½ C. Swans Down Cake flour

¾ C. sugar

1 t. soda

Add:

1 C. sour milk

1½ sq. melted Baker's unsweetened
chocolate

1 T. melted Coble's butter

½ t. vanilla

Beat until smooth. Bake in small muffin pans about 20 mins. Remove from pans and with point of knife cut off top, discard center. Fill cavity with whipped cream; replace top and cover with chocolate icing. This makes 16.

Chocolate Icing: Melt 2 sq. Baker's unsweetened chocolate and add enough warm milk so that when confectioner's sugar is added, the icing is smooth. Add a few drops of vanilla. Spread on cakes. Requires ½ pt. whipping cream. Keep cakes in refrigerator until ready to serve. Mrs. Lela Howell Carpenter

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BLACK CHOCOLATE CAKE

- | | |
|---|----------------------------|
| 2 C. sugar | 1 t. soda |
| $\frac{1}{2}$ lb. Coble's butter | 1 C. firm clabber |
| 4 sq. Baker's unsweetened
chocolate (melted) | 3 C. Swans Down Cake flour |
| 6 eggs | 1 T. vanilla |

Cream butter and sugar together; add the eggs one at a time, beating well after each addition. Add the melted chocolate, and clabber in which the soda has been dissolved. Mix well. Add the flour, one cup at a time. Last add the vanilla. Bake in layers and fill with the following.

- | | |
|------------------|--------------------------|
| 2 C. sugar | 12 marshmallows |
| 5 T. water | $\frac{1}{2}$ t. vanilla |
| whites of 2 eggs | |

Cook sugar and water together until it forms a soft ball when tried in cold water. Pour over the stiffly beaten egg whites, beating constantly. Add the marshmallows which have been cut in pieces. Beat until smooth. Add vanilla. Beat until mixture is almost cold and will hold its shape. Fill layers and cover sides and top.

Mrs. L. Edwin Rudisill

COFFEE CAKE

- | | |
|------------------------------------|--------------------------|
| 2 T. shortening | 2 T. baking powder |
| $\frac{1}{2}$ C. sugar | $\frac{1}{4}$ C. milk |
| $\frac{3}{4}$ C. White Goose flour | $\frac{1}{2}$ t. vanilla |
| 1 egg | |

Cream shortening and sugar. Add beaten egg yolk and sifted dry ingredients, alternately with milk. Add vanilla. Fold in stiffly beaten egg white. Spread $\frac{1}{2}$ of mixture in deep greased pie pan.

FILLING

- | | |
|-----------------------------------|---|
| $\frac{1}{2}$ C. brown sugar | 2 t. cinnamon |
| 1 C. chopped pecans
or walnuts | 2 T. White Goose flour |
| | 2 T. melted Coble's butter or
shortening |

Mix all ingredients. Spread $\frac{1}{2}$ over batter in pan. Add rest of batter. Spread rest of filling over top. Bake at 350° to 375° F. for 45 to 60 mins.

Mrs. E. B. Blackstock

COCOANUT CAKE

- | | |
|---|-----------------------|
| 1 C. Coble's butter | 3 t. baking powder |
| 2 C. sugar | 1 C. milk |
| $3\frac{1}{2}$ C. Swans Down Cake flour | $\frac{1}{4}$ t. salt |
| 6 eggs | 1 t. vanilla |

Combine sugar and butter and cream until light and fluffy. Add well beaten eggs. Mix well. Sift flour, salt, and baking powder together. Add the milk and flour mixture alternately, stirring thoroughly after each addition. Beat well. Add flavoring. (This makes 4 or 5 layers).

FILLING

- | | |
|---------------------------------|------------------------|
| 1 C. sugar | 2 egg whites |
| $\frac{1}{2}$ C. Coble's butter | 2 T. White Goose flour |
| 1 C. milk | 1 Coconut (grated) |

Mix butter, milk, and sugar. Add the flour and beat well. Cook until thick, stirring constantly. Remove from fire and pour over stiffly beaten egg whites. Blend well. Let partly cool and add the grated cocoanut.

Mrs. L. S. Costner

Compliments
of
FINGER'S LAUNDRY

DATE LOAF

- | | |
|--|-----------------------|
| 1 C. candied crystalized cherries
(cut in halves) | 1 C. Swans Down flour |
| 1½ pkg. dates (stone and cut
with scissors) | 1 C. sugar |
| 1 C. Brazil nuts | ½ t. salt |
| 1 C. pecans | 4 eggs |
| 1 C. English walnuts | 1 t. vanilla |
| | Chop all nuts |

Sift flour, sugar and salt together. Sift flour over the dates, nuts, and cherries, and mix well. Beat eggs separately and then together. Mix thoroughly with hands. Add vanilla and mix well. Bake in a slow oven 1½ to 2 hours. (This to me is more delicious than fruit cake).

Mrs. T. D. Gurley

DEVIL'S FOOD CAKE (1)

- | | |
|-----------------------------|---------------------------------|
| ¾ C. Coble's butter | 1 C. sour milk |
| 2 C. sugar | 1 t. vanilla |
| 2½ C. Swans Down Cake flour | 1 C. boiling water |
| 2 eggs | with 1 t. soda dissolved in it. |
| ¾ C. Baker's cocoa | |

Cream butter, add sugar gradually. Sift flour and cocoa together. Mix in flour and cocoa alternately with milk. Add vanilla. Mix well. Last add the boiling water and soda. (This makes three large layers). Fill with the following:

CARAMEL NEVER FAIL ICING

- | | |
|--------------------|---------------------|
| 2 C. brown sugar | ½ C. Coble's butter |
| 5 T. cream or milk | |

Mix well and boil two mins., after the mixture slowly comes to a boil, take off the fire and add ½ t. baking powder and ½ t. vanilla. Beat well until smooth and creamy. Spread on cake. (Double this recipe for a layer cake).

Mrs. Troy C. Homesley

QUICK DEVIL'S FOOD CAKE

- | | |
|---|-----------------|
| 2 oz. Baker's unsweetened chocolate
(grated) | ¼ C. shortening |
| ½ C. boiling water | ¼ C. sour milk |
| 1 C. Swans Down Cake flour | ½ t. vanilla |
| 1 C. sugar | 1 egg |
| 1 t. salt | ½ t. soda |

Put grated chocolate in mixing bowl. Pour boiling water gradually over chocolate and stir until melted. Set aside to cool. Sift flour before measuring. Sift flour, sugar, salt, and soda into bowl containing chocolate mixture. Drop in shortening and beat 200 strokes by hand or 2 mins. on electric mixer on low speed. Scrape bowl, and spoon thoroughly mixing. Add milk, vanilla, and egg. Beat 2 mins. Bake in 8x8x2 inch pan in moderate oven (350° F.) 35 to 45 mins. Cool and spread with favorite frosting.

Mrs. Howard K. Houser

DEVIL'S FOOD CAKE (2)

Custard Part:

- | | |
|---|-----------------|
| 1 C. brown sugar | 1 egg yolk |
| ½ C. (grated) Baker's unsweetened chocolate | 1 t. vanilla |
| | ½ C. sweet milk |

Method: Stir all together and cook slowly, then set back to cool.

Cake Part:

- | | |
|------------|----------------------------|
| 1 C. sugar | 2 C. Swans Down Cake flour |
| 2 eggs | ½ C. Coble's butter |
| | ½ C. sweet milk |

Method: Cream butter and sugar, add egg yolks, milk and flour alternately, egg whites (beaten stiffly), then custard part, lastly add 1 t. soda dissolved in a little warm water.

Filling:

- | | |
|-------------------------|---|
| ½ C. cream or rich milk | 1 t. vanilla |
| ½ C. Coble's butter | 2 T. (grated) Baker's unsweetened chocolate |
| 2 C. sugar | |

Method: Mix all ingredients and cook over a slow fire until it forms soft ball when tested in cup of cold water. Remove from fire; cool, then beat until creamy. Spread between layers and on top of cake.

Mrs. Carlyle Summer

DEVIL'S FOOD CAKE (3)

- | | |
|--|-----------------------------|
| 1½ C. sugar | 1 t. soda |
| ¾ C. Coble's butter | 3 eggs |
| 2 sq. Baker's unsweetened chocolate
or ½ C. Baker's cocoa | 1 T. vanilla |
| 1 C. buttermilk | 1¼ C. Swans Down Cake flour |

Cream sugar and butter, add chocolate, and egg yolks, then milk and flour. Next add the beaten egg whites, and lastly the soda, sprinkling it over the top and beating in well. Add vanilla. Bake in loaf pan in moderate oven. (To make a delicious layer cake use the above recipe, omitting the cocoa or chocolate and adding ½ C. more flour).

Mrs. W. J. Allran

DEVIL'S FOOD CAKE (4)

- | | |
|--|----------------------------|
| ½ C. shortening | ½ C. sour milk |
| 2 C. brown sugar | 2 C. Swans Down Cake flour |
| 2 beaten eggs | 1 t. soda |
| 2 1 oz. sqs. Baker's unsweetened chocolate | ¼ t. salt |
| ½ C. boiling wa ter | 1 t. vanilla |

Cream the shortening and brown sugar until smooth and fluffy. Then add the beaten egg and mix thoroughly. Dissolve the chocolate in the boiling water until a smooth sauce is formed. Add it to the creamed mixture, stirring until smooth. Add alternately the sour milk and flour (which has been sifted with the soda and salt). Add the vanilla and beat thoroughly. Place in 2 greased and floured 9 inch layer cake pans. Bake in a moderate oven (350° F.). Cool and ice as desired.

Mrs. R. F. Putnam

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ONE EGG CAKE

$\frac{1}{2}$ C. shortening

1 C. sugar

Cream together thoroughly. Add 1 egg and mix thoroughly. Then add $\frac{1}{2}$ C. sweet milk and $1\frac{1}{2}$ C. White Goose Self Rising Flour. Beat well. Add any desired flavoring. Bake in moderate oven. Serve with following pudding sauce while warm.

Sauce: Thicken 2 C. boiling water with 2 T. White Goose All Purpose Flour. Add 1 C. of sugar and 1 T. vinegar or lemon juice. Cook 3 mins. or longer until it reaches desired thickness. Remove from heat and add 1 T. Coble's butter, and vanilla or lemon flavoring to taste.

Mrs. D. A. Rudisill

EGGLESS, BUTTERLESS CAKE

2 C. raisins

2 t. ground cloves

2 C. sugar

1 T. vanilla

$1\frac{1}{2}$ C. melted shortening

2 C. coffee

2 t. cinnamon

Mix all ingredients in the order given. Then cook for 5 mins. Cool. Then add 2 t. soda, $\frac{1}{4}$ t. baking powder, 3 C. Swans Down Cake Flour, and 1 C. chopped nuts. Pour the batter into a loaf pan which has been greased and lined with greased paper. Sprinkle nuts on top. Bake for 50 to 60 mins. at 350° F. Mrs. Burlin Beam

CHRISTMAS LOAVES

2 C. shortening

2 t. soda

1 C. brown sugar

2 t. each cinnamon, nutmeg, and allspice

1 C. granulated sugar

4 eggs

1 C. seedless raisins

2 C. unsweetened applesauce

1 C. chopped Brazil nuts

4 C. White Goose flour

1 C. small asst'd. gumdrops.

Cream shortening and sugar thoroughly. Add eggs one at a time, beating vigorously after each addition. Add apple sauce and blend well. Sift flour, soda, salt, and allspice together several times and add to the first mixture. Stir in the remaining ingredients. Blend well. Pour into two layer pans well greased with shortening. Bake 45 to 50 mins. in moderate oven (350° F.) until done.

Mrs. Reece White

POOR MAN'S FRUIT CAKE

1 C. Coble's butter

2 t. baking powder

1 C. sugar

1 t. soda

1 C. apples (cooked)

3 T. Baker's cocoa

1 C. raisins

1 t. vanilla

1 C. chopped nuts

1 C. buttermilk

3 C. White Goose flour

Cream butter and sugar together until light. Add the apples, nuts, and raisins and mix well. Sift dry ingredients together and add to mixture alternately with the buttermilk. Mix well. Add vanilla, and beat well. Bake at 375° F. until done. Fill with the following filling:

$\frac{1}{3}$ C. Coble's butter

4 C. confectioner's sugar

Juice of two oranges

Miss Sue Moss

Compliments of

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Cherryville, N. C.

FRUIT FROSTED DESSERT CAKE

$\frac{1}{4}$ C. shortening
1 t. grated lemon peel
 $\frac{3}{4}$ C. sugar
1 beaten egg

$1\frac{1}{2}$ C. Swans Down flour
2 t. baking powder
1 C. well-drained fruit cocktail
 $\frac{1}{2}$ C. milk

Thoroughly cream shortening, lemon peel, and sugar; add egg and beat until fluffy. Add the sifted dry ingredients alternately with milk, mixing thoroughly after each addition. Pour into waxed paper lined 8 inch layer cake pan. Sprinkle with fruit cocktail. Bake in moderate oven (350° F.) 40 mins. Serve warm.

(Favorite recipe of the late Mrs. Isabel B. Morrison)

FRUIT CAKE

Break into pieces $\frac{1}{2}$ pound of vanilla wafers, soak until soft in $\frac{3}{4}$ C. of evaporated milk.

Mix together:

1 T. White Goose flour
1 C. pitted dates (finely chopped)
1 C. raisins (finely chopped)
1 C. diced cherries, pineapple and
citron (mixed)
1 C. broken nuts (pecans)

Beat together:

2 eggs
1 C. sugar
 $\frac{1}{4}$ t. cinnamon
 $\frac{1}{2}$ t. nutmeg
 $\frac{1}{2}$ t. allspice
 $\frac{1}{4}$ t. salt

Add to soaked wafers and mix in floured fruit. Pour in pan 8x4x3 inches and bake in oven at 350° F. for $1\frac{1}{2}$ hours or until cake shrinks from sides of pan.

Mrs. W. C. White

CHRISTMAS FRUIT CAKE

Preparation of Fruit: With sharp knife cut citron, orange and lemon peel in very thin strips; cherries in half; pineapple in thin wedges. Pick over raisins and currants to remove any stray stems or seeds. Soak overnight in rum or brandy. Cut nuts up coarsely.

1 lb. candied pineapple
 $\frac{1}{2}$ lb. candied cherries
 $\frac{1}{4}$ lb. candied citron
 $\frac{1}{8}$ lb. candied lemon peel
 $\frac{1}{8}$ lb. candied orange peel
1 lb. Golden raisins
 $\frac{1}{2}$ lb. seeded raisins
 $\frac{1}{4}$ lb. currants
 $\frac{1}{2}$ C. dark rum or brandy
 $\frac{1}{4}$ lb. blanched shelled almonds
 $\frac{1}{4}$ lb. shelled walnuts or pecans

2 cups sifted White Goose flour
 $\frac{1}{2}$ t. mace
 $\frac{1}{2}$ t. cinnamon
 $\frac{1}{2}$ t. baking soda
5 eggs
1 T. milk
1 t. almond flavoring
 $\frac{1}{4}$ lb. Coble's butter
1 C. sugar (white)
1 C. brown sugar, firmly packed

Line greased 10 inch cake pan with brown paper, having paper about an inch higher than the pan, this to protect cake from too much browning. Set oven at very low heat, 275° F. Sift flour. Measure $1\frac{1}{2}$ C. lightly by spooning it into the cup. Sift with spices and soda onto waxed paper. To keep fruits and nuts from sticking together, mix with remaining $\frac{1}{2}$ cup of flour in large bowl. Beat eggs slightly. Measure milk and almond flavoring into a cup. Using your hands cream butter or margarine well; then cream in white sugar; finally brown sugar until light and fluffy. Mix in eggs, milk mixture and flour thoroughly. Pour batter over fruits and nuts. Then mix thoroughly using both hands. Lift batter into greased lined pan with hand, then press down firmly with palm. This is necessary to have a compact cake when baked, which is much easier to slice thinly and perfectly. Bake 3 hours 15 minutes. Let stand a full hour after removing from oven. Then turn upside down on wire rack; tear off paper. When cake is stone cold, place in crock or can with few pieces of raw unpeeled apple. Cover tightly. Store in cool place. Every 4 weeks pour over it a half cup of rum or brandy.

Mrs. W. H. Houser, Jr.

JAPANESE FRUIT CAKE

Use your layer white cake recipe. Bake 2 layers and to the remaining of the batter, add:

- | | |
|------------------------------|------------------------|
| 1 C. ground raisins | 1 t. allspice (ground) |
| 1 C. chopped English walnuts | ½ t. cloves |
| 2 t. cinnamon | or any desired spices |

Mix and bake in 2 layers.

Filling:

- | | |
|------------------------|---|
| 1 grated cocoanut | 2 oranges (grate the rind and
squeeze out the juice) |
| 2 C. sugar | 2 C. boiling water |
| 2 T. White Goose flour | |

Mix in order given and cook 10 to 15 mins. or until clear. Fill the cake and use boiled or powdered sugar icing to cover outside of cake. Mrs. J. Ralph Beam

WHITE FRUIT CAKE (1)

- | | |
|----------------------------|--|
| ½ lb. Coble's butter | 1½ pkg. white raisins |
| 1½ C. sugar | ½ lb. crystalized fruit mix |
| 3 C. Swans Down Cake flour | ½ lb. or more crystalized pineapple |
| 2 t. baking powder | ½ lb. or more crystalized cherries |
| ½ t. soda | 1 lb. almonds or almonds and
pecans |
| 6 eggs | |
| ½ C. orange juice | |

Add a small amount of water to raisins and cook for about 5 mins. Remove from heat and add other fruits and nuts. Let cool before mixing with cake dough which has been mixed in the usual way. Bake in oven 275° F. about 2 hours.

Mrs. D. P. McClurd

WHITE FRUIT CAKE (2)

(1 large 7 lb. and 1 small 4 lb. cake)

- | | |
|---------------------------------|----------------------------|
| ¾ lb. Coble's butter | 2 lb. almonds (blanched)** |
| 1 lb. sugar | 2 cocoanuts (grated) |
| 10 eggs | 1 t. vanilla |
| 1 lb. Swans Down flour (sifted) | 1 T. lemon juice |
| 1 lb. crystalized pineapple | 1 t. soda |
| 1 lb. crystalized cherries | 1 t. baking powder |
| 1 lb. crystalized citron | |

Cream butter and add sugar. Add eggs, fold in sifted flour. Add flavoring, fruit and nuts. (Cut nuts and fruit in small pieces and dredge with flour). Steam in covered pans for 3 hours and bake in oven 300° F. for 45 mins. **English walnuts may be used instead of all almonds.

Mrs. Carlyle Summer

REGAL WHITE FRUIT CAKE

- | | |
|---|---------------------|
| 1 lb. Coble's butter | 1 lb. white raisins |
| 1½ lb. (5 C.) Swans Down Cake flour
sifted with 2 T. baking powder | ½ lb. pineapple |
| 1¼ lb. (2½ C.) sugar | ½ lb. cherries |
| ½ lb. blanched almonds | 11 eggs |
| ½ lb. citron | 1 T. vanilla |
| ½ lb. pecans | Juice of 1 lemon |

Method: Cream butter and flour with hand. Beat egg yolks and sugar. Beat egg whites until stiff and fold in. Add the butter and flour to this and mix well. Use a part of the flour on the fruits.

Cut citron and pineapple in thin strips. Add the blanched almonds whole. Cut the cherries in halves; cut pecans in good size pieces. Mix all well together. This makes between 8 and 9 lbs. Bake in two tube pans lined with heavy well greased paper. Bake 2½ hours at 300° F. Note: no liquid used except lemon juice and flavoring. One cup of freshly grated cocoanut is a nice addition to this cake. To make a sweeter cake, add more sugar.

Mrs. J. W. Clark

FLUFFY GOLD CAKE

Sift together in bowl:

- 2 C. sifted Swans Down Cake flour
- 1 1/3 C. sugar
- 3 t. baking powder
- 1 t. salt

Add:

- 1/3 C. shortening
- 2/3 C. milk
- 1/2 t. vanilla
- 1/2 t. lemon

Beat vigorously with spoon for 2 mins. by clock (150 strokes per min.) or mix with electric mixer on medium speed for 2 mins.

Add: 1/3 C. milk, 1/3 C. unbeaten egg yolks (4 medium yolks).

Beat 2 more minutes. Pour in pans and bake 30 to 35 mins. at 350° F. Put layers together with whipped cream and crushed pineapple or whipped cream and grated fresh cocoanut.

Mrs. Fred Day

GRAHAM CAKE

- 1—"If any reader of the Home
Should like a Graham Cake,
I give you here a recipe
Which I quite often make.
- 2—First take one cup of sugar white,
And butter one-half cup,
To-gether mix them add an egg,
And lightly beat it up.
- 3—Then take one cup of pure sweet milk
And well dissolve therein
A teaspoon full of soda so
Its trace cannot be seen.
- 4—Then scatter in a little salt,
And flavor it with spice,
A little nutmeg, if you please,
Or lemon-peel is nice.
- 5—And then of flour you may put in
Three even teacups full,
And when you've stirred it well around,
Then quickly pour the whole
- 6—Into your buttered pan, my dear
Which ready stands the while,
Then, if you give it a good bake,
Twill be so nice you'll smile."

(Taken from Mrs. J. P. Dellinger's cook book which is 75 years old)

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GUYSBOROUGH CAKES

1 C. Swans Down Cake flour
1 t. baking powder
2 T. Coble's butter
1 egg
1 T. milk
pinch of salt

Tart Jam
1 C. sugar
1 egg
1 t. vanilla
2 C. cocoanut

Mix flour, baking powder, and butter with hands. Add egg to milk and salt. Add to flour mixture. Spread on greased cooky sheet and cover with jam. Mix remaining ingredients together and spread over jam. Bake. When finished, cut in squares.

(From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley).

HERMIT CAKE

3 eggs
½ lb. Coble's butter
1 lb. dates
2½ C. Swans Down Cake flour
1½ C. brown sugar
½ C. chopped English walnuts

5¢ worth lemon peel
2 t. lemon extract
2 t. vanilla extract
1 t. soda
pinch of cinnamon

Cream butter and sugar, then add eggs, floured fruit, nuts and soda. Mix well. Bake like fruit cake. (Steam).
Mrs. R. C. Sharpe

HOT MILK CAKE

(This cake is equally good plain or with your favorite filling).

4 eggs
2 C. sugar
¼ lb. Coble's butter
2 C. Swans Down Cake flour

2 t. baking powder
1 C. milk
Vanilla

Beat thoroughly the eggs adding sugar gradually and continue to beat until fluffy. Heat milk with butter until butter melts (Don't boil). Add flour sifted with baking powder, and continue beating. Add milk and butter, stir and add vanilla. Mixture will be thin. Bake as layers, loaf, or in angel food cake pan for 45 mins. in 325° F. oven. — Mrs. James L. Putnam, Jr., Miss Lavinia Rudisill, Mrs. J. G. Sherrill

JELLY ROLL

3 eggs
1 C. sugar
5 T. cold water
1 t. lemon extract

1 C. Swans Down Cake flour
¼ t. salt
1 t. baking powder
½ C. tart jelly—(4 oz. glass)

Beat eggs until very light. Gradually beat in sugar, then water, flavoring, and sifted dry ingredients. Pour to ½ inch thickness in shallow pan lined with oiled paper. Bake 15 mins. in hot oven (375° F.). Turn onto towel sprinkled with powdered sugar; remove paper; spread with jelly and roll quickly. Leave wrapped in towel to cool.
Mrs. Carlyle Summer

COMPLIMENTS OF
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CHERRYVILLE, N. C.

LADY BALTIMORE CAKE

$\frac{1}{2}$ C. Coble's butter	2 t. baking powder
1 C. sugar	$\frac{1}{2}$ C. milk
$1\frac{3}{4}$ C. White Goose flour	1 t. vanilla
$\frac{1}{8}$ t. salt	3 egg whites

Cream butter, add sugar, and cream again thoroughly. Sift dry ingredients and add alternately with milk. Add vanilla and fold in stiffly beaten egg whites. Bake in two layers in moderate oven (350° F.) for 25 mins. Put together with the following icing:

2 C. sugar	$\frac{2}{3}$ C. raisins
$\frac{2}{3}$ C. water	$\frac{2}{3}$ C. nut meats
2 egg whites	Candied cherries

Boil sugar and water to soft ball stage. Pour slowly on well beaten egg whites, beating constantly. Set aside to cool. Put raisins and nuts through food chopper. Add to cooled boiled icing. Spread between layers and sides of cake. Garnish with nut meats and halved candied cherries.

Mrs. Clarence Rogers

LAZY DAISY CAKE

2 eggs	1 t. baking powder
1 C. sugar	$\frac{1}{4}$ t. salt
1 t. vanilla	$\frac{1}{2}$ C. milk
1 C. Swans Down Cake flour	2 T. Coble's butter

Combine eggs, sugar, and vanilla and beat until thick. Add sifted dry ingredients. Heat milk and butter to boiling point, add to above mixture. Bake in buttered pan (8x8 inches) in a moderate oven (350° F.) 30 to 40 mins. Remove from oven and frost with the following:

$\frac{3}{4}$ C. brown sugar	$\frac{3}{4}$ C. cream
$\frac{1}{2}$ C. Coble's butter (melted)	1 C. cocoanut

Combine all ingredients, blend well. Frost cake, return to hot oven or broiler to brown.

Mrs. D. R. Mauney, Sr.

MOLASSES CAKE

2 C. molasses	3 C. Swans Down Cake flour
$\frac{3}{4}$ C. Coble's butter	1 C. butter milk
2 t. soda	2 eggs
1 t. ginger	4 t. baking powder
$\frac{1}{2}$ t. nutmeg	

Bring molasses and butter to boiling point. Then stir in soda and spices and remove from fire. Add sifted flour and milk alternately. Add eggs beaten until very light. Then add the baking powder. Beat well. Turn into well greased pan and bake about 45 mins. in moderate oven (350° F.).

Mrs. Clyde Canipe

ORANGE DATE CAKE (1)

$\frac{1}{2}$ C. shortening	1 t. soda dissolved in buttermilk
1 C. sugar	Grated rind of 1 orange
2 eggs	$\frac{1}{2}$ C. nuts (floured)
2 C. Swans Down Cake flour	1 C. dates (floured)
$\frac{2}{3}$ C. buttermilk	

Mix in usual way. Bake about 45 min. to 1 hour in moderate oven (325° to 350° F.). While hot cover with $\frac{1}{2}$ C. orange juice in which 1 cup sugar and the grated rind of 1 orange has been dissolved. For variety, whipped cream may be placed on top.

Mrs. Perry London, Mrs. Heman Hall

ORANGE DATE CAKE (2)

1 C. white sugar
½ C. Coble's butter
2/3 C. buttermilk
3 eggs
1 t. soda

2 C. Swans Down Cake flour
½ C. nuts
2 t. grated orange rind
½ pkg. dates
pinch salt

Cream butter and sugar, add salt. Add eggs one at a time, beating after each addition. Dissolve soda in buttermilk. Add milk and flour alternately to mixture. Add dates, nuts, and orange rind. Mix well. Pour batter in 8x12x2 inch pan. Bake in moderate oven 30 mins. Leave in pan until cool. Make a syrup of 1 cup white sugar, 1 cup orange juice, and 1 T. grated orange rind. Bring to a boil. Pour over cake. Serve with whipped cream. Serves 12 to 15.

Mrs. M. C. Beam

PECAN CAKE

1 C. Coble's butter
3 C. Swans Down Cake flour
2 T. baking powder
6 egg whites
1 t. cinnamon

2 C. sugar
½ t. salt
1 C. milk
1½ C. chopped pecans
½ t. cloves

Cream butter and sugar. Sift flour several times, the last time with salt and baking powder. Add to mixture alternately with milk. Fold in stiffly beaten egg whites. Divide mixture and to one-half add nuts and spices. Bake in layers in moderate oven. Ice with brown sugar icing: Boil 4 C. brown sugar with ½ C. cold water until it just passes the soft ball stage. Pour slowly over 2 egg whites, stiffly beaten. Beat until thick and creamy. Add 1 t. vanilla, and beat until cool. Spread on layers and cover sides of cake. Dot top of cake with pecan halves.

Mrs. L. Edwin Rudisill

CARAMEL PECAN LAYER CAKE

Measure into sifter:

2 C. Swans Down Cake flour
2 t. baking powder
¾ t. salt
1 C. plus 2 T. sugar

Have ready 1 egg unbeaten.

Measure into mixing bowl:

1/3 C. Coble's butter

Measure into cup:

¾ C. milk
1 t. vanilla

Stir butter just to soften. Stir in dry ingredients add milk and mix until all flour is dampened. Then beat 2 mins. Add egg and beat 1 min. longer. Pour in 2 - 8" layer pans. Bake in moderate oven.

Fill with the following Quick Caramel

Frosting:

½ C. Coble's butter

1 C. brown sugar firmly packed

¼ C. milk

1¾ to 2 C. sifted Confectioner's sugar

Melt butter, add brown sugar and cook over low heat 2 mins., stirring constantly. Add milk and continue stirring until mixture comes to a boil. Remove from heat and cool. Add confectioner's sugar until of right consistency to spread. Sprinkle pecan halves over top of cake.

Miss. Alma Dare Moss

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PINEAPPLE CAKE (1)

3 egg whites	3 t. baking powder
½ C. shortening	½ C. milk
1.1/3 C. sugar	½ C. pineapple juice
2½ C. Swans Down Cake flour	1½ t. vanilla
½ t. salt	

Whip egg whites in the small bowl of the electric mixer, using full speed, until they are smooth and glossy but not so stiff that they appear dry and curdled. Cream the shortening in the large bowl. Add the sugar and beat thoroughly. Add a little of the flour, baking powder, and salt sifted together. Then quickly and alternately add the remaining of the flour mixture and the liquid, beating in all the milk before adding the fruit juice. Add the vanilla. Then fold in the egg whites by hand and bake in two layers in well-greased and floured pans for 35 mins. in a 350° F. oven. Put together with pineapple filling and frost as desired.

Add enough pineapple to confectioner's sugar to make icing of right consistency to spread. Beat in butter which has been softened but not melted. Spread thickly on cake.

Mrs. Milton Gold

PINEAPPLE CAKE (2)

4 C. Swans Down Cake flour	4 eggs, beaten separately
¼ t. salt	1 C. milk
1 C. shortening	3 t. baking powder
2 C. sugar	1 t. flavoring

Sift flour, baking powder, and salt together. Cream shortening and sugar. Then add egg yolks, milk, and flour. Blend thoroughly. Add flavoring and fold in stiffly beaten egg whites. Bake in layers. Fill with the following:

Filling:	2 egg yolks
1 No. 2 can crushed pineapple	2 T. Swans Down Cake flour
2 C. sugar	

Dissolve sugar in pineapple juice and cook until the mixture will spin a thread. Rub egg yolks and flour into a paste, and mix thoroughly with the pineapple. Gradually add the syrup and mix well. Return to the stove and cook until thick.

Ice the top and sides of the cake with the following:

Icing:	1 C. water
1½ C. sugar	2 egg whites stiffly beaten
4 T. white corn syrup	1 t. vanilla

Boil sugar, syrup, and water together until the mixture forms a soft ball when tried in cold water. Pour the mixture slowly over the egg whites, beating constantly.

Mrs. H. B. Williams

PINEAPPLE UPSIDE DOWN CAKE

1 C. brown sugar	¼ C. Coble's butter
1 can sliced pineapple	Nuts and cherries
Cake part:	5 T. pineapple juice
3 eggs, separated	1 C. Swans Down Cake flour
1 C. sugar	2 t. baking powder

Add sugar to well beaten egg yolks. Sift flour and baking powder together. Add to mixture alternately with the pineapple juice. Mix well. Fold in stiffly beaten egg whites. Pour over pineapple, etc. Bake in moderate oven 54 mins. or until done. Serve with whipped cream if desired.

Mrs. Howard Allran

BIRTHDAY POUND CAKE

- | | |
|----------------------------|----------------------------|
| 5 eggs | ½ lb. Coble's butter |
| 1 rounded t. baking powder | 2 C. Swans Down Cake flour |
| 1½ C. sugar | 1 t. vanilla |

Custard mixture:

Beat eggs and add baking powder. Beat. Add sugar gradually. Mix well.

Butter-flour mixture:

Cream butter. Beat. Add flour gradually. Beat until smooth. Add vanilla.

Combine custard and flour mixtures with rubber scraper. Pour into well greased pan. Bake at 300° F. for 1 hour 20 mins. Ice with any desired frosting.

Mrs. W. H. Houser, Jr.

FROM THE WHITE HOUSE

"Favorite Recipe of President and Mrs. Harry S. Truman and Margaret"

TWO-HUNDRED-YEAR-OLD POUND CAKE RECIPE

- | | |
|-------------|----------------------|
| 1 lb. sugar | 1 lb. butter (scant) |
| 1 lb. flour | 9 large eggs |

Mix sugar and butter, add well-beaten egg yolks. Add flour gradually and, last, add stiffly beaten egg whites. Flavor with lemon extract. Bake in flue cake pan, slowly, for at least one hour. Ice and then cover with English walnut halves.

POUND CAKE RECIPE - 100 YEARS OLD

- | | |
|------------------------------|-----------------------------|
| 1 lb. sugar | 1 lb. eggs (1 doz.) |
| 1 lb. Coble's butter (scant) | 1 lb. Swans Down Cake flour |

Work butter and flour to a cream. Beat the egg yolks and sugar together until light, then combine creamed butter and flour mixture to the eggs and sugar mixture alternately. Fold in stiffly beaten whites until smooth. Bake in a slow oven about 3 hours.

Mrs. Bedie Stroup

PRESIDENTIAL POUND CAKE

- | | |
|-----------------------------|-------------------------------------|
| 1 lb. sugar | 10 eggs |
| 1 lb. Coble's butter | ½ t. baking powder put in the flour |
| 1 lb. Swans Down Cake flour | 2 T. sweet milk |

Beat the whites of the eggs separately and add them last.

Taken from Mrs. J. P. Dellinger's Cook Book, 75 years old.

MOCK POUND CAKE

- | | |
|--|-----------------------------|
| 3 C. sugar | 1 C. sweet milk |
| ½ lb. Coble's butter | 3½ C. Swans Down Cake flour |
| 6 eggs, yolks and whites beaten separately | 2 t. baking powder |

Mix in the usual way. Bake for 40 mins. at 350° F. or until done.

Mrs. W. G. Cobb, Mrs. L. C. McDowell

POUND CAKE

- | | |
|-----------------------------|--------------------|
| Weigh materials | 8 eggs |
| 1 lb. Coble's butter | 2 t. water |
| 1 lb. Swans Down Cake flour | 1 t. baking powder |
| 1 lb. sugar | Flavoring |

Break all eggs into mixing bowl. Beat thoroughly with electric mixer. Add sugar gradually to eggs and beat well. Cream butter. Add flour gradually to butter, add water. Mix this with a spoon as it is too thick for the electric mixer. Pour eggs and sugar into butter-flour mixture, gradually, still using spoon for mixing. Add desired flavoring. This makes a large cake. (Do not open the oven door under 1 hour).

Mrs. Jack Baxter

"ROMEO & JULIET CAKE"

White part:	1 heaping t. baking powder
1 C. white sugar	Royal
⅛ lb. Coble's butter	Whites of 6 eggs
2 scant C. Swans Down flour	6 or 8 T. sweet milk or thin cream
Yellow part:	1 heaping t. Royal baking powder
1 C. white sugar	Yolks 6 eggs
⅛ lb. Coble's butter	6 or 8 T. sweet milk or thin cream
1½ C. Swans Down flour	
Custard filling:	
2 eggs	½ C. sugar
1 pint whole milk	2 rounding T. flour or cornstarch

Mix dry ingredients together, add ½ C. milk to this and beaten eggs. Heat remaining milk and stir into, replace on low heat or double boiler, stirring constantly or very often until thick, let cool, flavor with 1 t. vanilla. Put between layers (alternating the yellow and white layers). Use white icing on top as given with my layer cake, also the lemon filling may be used as a filling, if preferred.

Mrs. W. B. Rhyne

SOUR CREAM SPICE CAKE

2 C. brown sugar	¼ t. salt
½ C. shortening	3 eggs
2 C. Swans Down Cake flour	1 t. soda
1 C. sour cream	1 t. each: cloves, allspice, cinnamon

Cream shortening and sugar. Mix well. Add well beaten egg yolks. Sift flour, salt, soda, and spices together. Add flour mixture and cream, alternately. Fold in stiffly beaten egg whites. Bake in moderate oven.

Mrs. Howard Allran

SPICE CAKE

2 C. Swans Down Cake flour	spice
1 1/3 C. sugar	½ C. Coble's butter
2 t. baking powder (tartrate powder, 3 teaspoons)	½ C. milk
¼ t. soda	½ C. unsweetened prune juice
1 t. salt	1 t. vanilla
½ t. each: cinnamon, nutmeg, all-	2 eggs, unbeaten

Sift flour, sugar, baking powder, soda, salt, and spices into mixing bowl. Drop in butter. Add ¾ cup combined prune juice and milk, then vanilla; beat 200 strokes (2 mins. by hand or on mixer at low speed). Scrape bowl and spoon or beater. Add remaining liquid and eggs; beat 200 strokes. Bake in two 9 inch or deep 8 inch layer pans in moderately hot oven (375° F.) 25 to 35 mins. Cool. Frost with Prune Whip Frosting.

PRUNE WHIP FROSTING

Mix well in double boiler:	½ C. white sugar
2 egg whites, unbeaten	⅛ t. salt
1 C. brown sugar	5 T. prune juice

Place over rapidly boiling water, beat with egg beater until mixture will hold peak (7 mins.). Remove from hot water, beat until thick enough to spread. Add 2 teaspoons lemon juice; 6 cooked cut-up prunes, and 2 T. chopped toasted almonds. Sprinkle top of cake with more almonds.

Mrs. Carlyle Summer

SPICED-MARBLE CAKE

3 C. Swans Down Cake flour	1 t. vanilla
2 or 3 t. baking powder	1½ t. cinnamon
2 C. sugar	¼ t. cloves
1 C. Coble's butter	½ t. nutmeg
1 C. milk	¼ t. allspice
4 eggs	

Sift flour once; measure. Add baking powder; sift twice. Cream butter, add sugar gradually, and cream until light. Add egg yolks one at a time beating well. Add flour alternately with milk in small amounts—beat after each addition. Beat egg whites until stiff enough to hold up in moist peaks. Stir quickly and well into batter. Divide batter into two parts. To one part, add spices and mix well. Put by tablespoon in cake pan, alternating light and dark mixtures. Then, with knife cut carefully through each batter once in a zig-zag course. Bake in a moderate oven 350° F. Frost with white icing.

Mrs. M. L. Mauney, Hickory, N. C.

LAYER SPICE-RAISIN CAKE

1 C. seedless raisins	5 t. baking powder
2/3 C. shortening	1 t. cinnamon
1½ C. sugar	1 t. nutmeg
3 eggs	½ t. cloves
1 C. milk	2 t. vanilla
2¾ C. Swans Down Cake flour	½ t. salt

Wash raisins, drain, and run through food chopper. Cream shortening with sugar, add well beaten egg and milk. Combine with flour sifted with baking powder, spices, and salt. Beat thoroughly, add raisins, vanilla, and beat well. Pour into three layer cake pans. Bake 20 mins. in a moderate oven (350° F.). Put together with your favorite boiled frosting, to which add 1 cup or more washed and chopped raisins.

SPONGE CAKE

6 eggs	Juice of ½ lemon
½ t. salt	1 C. sugar
½ t. cream of tartar	1 C. Swans Down Cake flour
½ lemon rind (grated)	

Separate the eggs and add the salt to the egg whites. Beat until foamy; add the cream of tartar and beat until stiff but not dry. Beat in the grated lemon rind and the juice. Then fold in the egg yolks which have been beaten until thick and lemon colored. Carefully fold in the sugar and flour which have been sifted together 4 or 5 times. Bake in 2 - 9-inch layer pans or 1 - 10-inch tube pan. Bake at 325° F. for 40 mins. for layers, or at 325° F. for 1 hour in using tube pan. Do not beat after adding flour and sugar, as this will make the cake heavy.

Mrs. Howard Allran

TOMATO SOUP CAKE

2 T. Coble's butter	1 C. raisins
½ t. cinnamon	1 t. soda
½ t. cloves	1 can Tomato soup
½ t. nutmeg	1½ C. Swans Down Cake flour
1 C. sugar	Add other fruits, if wanted
1 C. nut meats	

Cream butter and sugar until light and fluffy. Sift dry ingredients together, and add alternately with Tomato Soup. Add raisins. Bake at least 1 hour in slow oven.

Mrs. J. D. Hobbs

"MOTHER'S" TIP TOP CAKE

1½ C. sugar	2 t. baking powder
½ C. Coble's butter	3 egg whites beaten stiff
1 C. sweet milk	Flavoring to taste
2½ C. Swans Down Cake flour	

Bake as loaf cake or in two layers and fill with any favorite filling.

Mrs. D. A. Rudisill

"Favorite Recipe of Governor and Mrs. W. Kerr Scott."

WALDORF-ASTORIA \$100.00 CAKE

This is the story of the \$100.00 cake. A lady from Kansas City, Mo., went to New York City and ate in the dining room of the Waldorf-Astoria. A piece of cake was served, which she thought so delicious that she asked the waiter for the recipe. The waiter told her they could not give recipes.

When she returned home she wrote the Chef of the Waldorf and asked him to send her the recipe. In a short time the recipe was sent to her by the Chef, with a bill of \$100.00. She went to her attorney and he informed her that she would have to pay the \$100.00, as that was a legal charge for the recipe.

This lady decided that since the recipe had cost her so much, everyone should have it. HERE IT IS:

½ C. butter	2 C. flour
2 C. sugar	2 t. baking powder
4 oz. (4 sq.) chocolate	2 t. vanilla
2 eggs	1 C. nut meats
1½ C. sweet milk	

Cream butter and sugar. Add melted chocolate and beaten eggs.

Sift dry ingredients and add alternately with milk. Add vanilla and nuts and bake in loaf pan 350° F. 45 minutes.

ICING (Not Cooked)

½ C. butter	1 pinch salt
2 oz. chocolate	1 t. vanilla
1 egg	1 t. lemon juice
1½ C. powdered sugar	1 C. nuts

Melt butter and chocolate together. Add beaten egg, sugar, salt, vanilla, and lemon juice. Either mix in nuts or sprinkle on top.

"This has been in my cook book for some time. I've tried it and it is very good."

Mrs. W. Kerr Scott

"OLD FASHIONED" WHITE CAKE

Measure into mixing bowl:	1 t. salt
2½ C. Swans Down Cake flour	2/3 C. shortening
1 2/3 C. sugar	¾ C. milk

Blend thoroughly by hand or mixer (medium speed) for 2 mins.

Stir in:	½ C. milk
4½ t. baking powder	1 t. vanilla

Add: 5 egg whites

Blend by hand or mixer (medium speed) for 2 mins. Pour into 2 deep 9-inch layer pans (1½" deep) which have been rubbed with shortening and lined with heavy waxed paper. (If smaller pans are used, fill half full and bake remaining batter in cup cake pans.) Bake in moderate oven (360° F.) for 35 to 40 mins. When layers are cool, ice with favorite icing or frosting.

Mrs. J. D. Thornburg

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Shelby, N. C.

WHITE CAKE

Measure into sifter:

2 C. Swans Down Cake flour

1 C. sugar

$\frac{3}{4}$ t. salt

$2\frac{1}{2}$ t. baking powder

Measure into mixing bowl:

$\frac{1}{2}$ C. shortening

Measure into cup:

$\frac{3}{4}$ C. sweet milk

1 t. vanilla

Have ready a 3 egg white meringue. For meringue beat 3 egg whites until foamy; add $\frac{1}{2}$ C. sugar gradually, beating only until it stands in soft peaks.

Stir shortening just to soften. Sift in dry ingredients, add milk, and mix until all flour is moistened. Beat 2 mins. Add meringue and beat 1 min. longer. Bake in moderate oven (375° F.).

Mrs. D. R. Mauney, Sr.

WHITE LAYER CAKE

2 scant C. sugar

$\frac{1}{2}$ C. Coble's butter

$1\frac{1}{4}$ C. sweet milk

3 C. Swans Down Cake flour

2 rounded t. baking powder

4 egg whites

1 t. vanilla

Cream butter and sugar thoroughly. Add flour, which has been sifted with baking powder, alternately with milk and part of the beaten egg whites, by folding in. Add remainder of egg whites and vanilla. **Do not over mix.**

Bake in three layers at 400° F. until cakes begin to rise. Then reduce heat to 375° F. to complete baking. Remove from oven when cakes shrink from sides of pans and spring to the touch. Fill layers with the following:

LEMON FILLING

$\frac{2}{3}$ C. Swans Down Cake flour

$1\frac{1}{4}$ C. sugar

2 C. boiling water

Juice and grated rind of 1 lemon

2 T. Coble's butter

2 egg yolks

Few grains salt

Mix sugar and flour together. Add boiling water, small amount at a time, while mixing. Cook over medium heat for 15 mins. stirring constantly. Add other ingredients and cook over low heat until mixture thickens. When thoroughly cool, spread between two layers of cake. Ice top and sides of cake with white frosting made, as follows:

WHITE FROSTING

1 C. sugar

$\frac{3}{4}$ C. hot water

1 egg white

$\frac{1}{2}$ t. vanilla

Add boiling water to sugar and stir until dissolved. Cook over medium heat until the mixture spins a thread or forms a soft ball in cold water. Beat slowly into beaten egg whites. Continue beating until thick enough to spread on cake.

Mrs. W. B. Rhyne

CAKE FILLINGS AND FROSTINGS

ALL ROUND ICING

2½ C. sugar	½ C. white corn syrup
½ C. water	2 egg whites
1½ t. vanilla	

Combine sugar, syrup and water. Cook to 240-242° F. or until mixture forms a soft ball when tried in cold water. Pour over stiffly beaten egg whites while beating constantly. Add vanilla and beat until almost cold and stiff enough to hold its shape. Spread on cake. This icing may be kept in a covered jar in the refrigerator for a week. If necessary soften with a little boiling water. Makes enough to frost a three layer cake generously.

Mrs. George S. Falls

CARAMEL FILLING (Never Fail)

4 C. brown sugar	1 t. baking powder
½ lb. Coble's butter	1 t. vanilla
10 T. milk	

Bring slowly to a boil. When rolling boil, boil for 2 mins. Remove from heat and add baking powder and vanilla. Beat until thick enough to spread. Makes enough for three large layers.

Mrs. John Beach

EASY CARAMEL FROSTING

Melt ½ C. Coble's butter. Add 1 C. firmly packed brown sugar, and cook over low heat 2 minutes, stirring constantly. Add ¼ C. milk and continue to cook and stir until mixture comes to a boil. Remove from heat. Cool, and add confectioner's sugar (1¾ to 2 cups) gradually until of right consistency to spread.

Mrs. H. R. Harrelson

NEVER FAIL CARAMEL FROSTING

2 C. brown sugar	2 T. Coble's butter
1 C. white sugar	2/3 C. cream
2 T. white corn syrup	

Cook all ingredients over low heat until sugars are dissolved. Cover saucepan 2 to 3 mins. while syrup boils. Uncover and continue cooking to soft-ball state (238° F.). Cool to lukewarm and beat until of spreading consistency.

Mrs. Frank Williams, Farmville, N. C.

CARAMEL ICING

2 C. light brown sugar	4 T. Coble's butter
½ C. sweet milk	1 t. vanilla
1 t. vinegar	

Put sugar, vinegar and milk in saucepan. Stir well before putting on stove. Let boil several minutes, stirring, then add butter and stir often. When syrup forms soft ball in cold water, remove from stove, set aside and do not stir until almost cold. Then add vanilla and beat until it begins to look creamy, then it is ready to spread.

Mrs. C. A. Rudisill

CHOCOLATE ORANGE BUTTER FROSTING

2 t. grated orange rind	1½ sq. Baker's unsweetened chocolate
4 T. Coble's butter	dash of salt
2 C. sifted confectioner's sugar	4 t. orange juice

Combine orange rind and butter; cream well. Add part of sugar gradually, blending after each addition. Add chocolate and salt and mix well. Add remaining sugar, alternately with orange juice, until of right consistency to spread. Beat thoroughly after each addition.

Mrs. L. Edwin Rudisill

BURNT SUGAR FROSTING

- | | |
|----------------------------------|---------------------|
| ¼ C. Coble's butter | 1 T. milk |
| 2 C. confectioner's sugar | 1 t. vanilla |
| 5 T. burnt sugar syrup | |

To make Burnt Sugar Syrup: Melt 1 cup sugar in skillet until it foams, stirring constantly. Remove from heat. Add ¾ C. boiling water slowly. Cook until bubbles are size of a dime. Cool.

Cream butter and add confectioner's sugar, Burnt Sugar Syrup, milk, and vanilla. Beat until well blended and spread on cake.

(Burnt Sugar Syrup may be stored indefinitely in a covered jar. Grand for waffles, hot cakes, sweet potatoes, and ice cream topping). Mrs. M. A. Stroup

QUICK CUSTARD FILLING

- | | |
|-------------------------------|---------------------|
| 2 egg yolks | 1 C. milk |
| 3 T. sugar | 1 t. vanilla |
| 2 T. White Goose flour | |

Use Electric Mixer.

Put all ingredients in mixing bowl and beat 2 mins. Cook over boiling water until thickened and creamy. Allow it to cool. Add vanilla and spread between layers of cake. Mrs. T. D. Gurley

FUDGE FROSTING

- | | |
|-------------------------------|---|
| 3 C. white sugar | 2 sqs. Baker's unsweetened chocolate |
| 1 C. brown sugar | 2 t. white corn syrup |
| ½ stick Coble's butter | dash of salt |
| ¾ C. milk | 1 t. vanilla |

Combine all ingredients except vanilla together and stir well. Bring slowly to boil, allowing the sugar to thoroughly melt before mixture starts boiling. Cook until it forms a soft ball in cold water. Cool. When lukewarm, beat until creamy, add vanilla, and beat. Spread on cake. Mrs. C. A. Rudisill

HOT FUDGE SAUCE

- | | |
|---|-----------------------------------|
| 4 sqs. (¼ lb.) Baker's Unsweetened chocolate | ½ tall can evaporated milk |
| 1 C. sugar | 1 T. coffee |
| | ½ t. vanilla |

Melt chocolate in top of double boiler. Stir in sugar, mixing well. Covering and cook ½ hour. Add liquids and pinch of salt. Beat until smooth. Serve warm over ice cream or cake. Mrs. Elden Eaker

LEMON FILLING

- | | |
|---|-------------------|
| Grated rind of 1 lemon | 2 eggs |
| Juice of 2 lemons | 1 C. sugar |
| 2 level tablespoons Coble's butter | |

Combine all ingredients. Cook in double boiler until thickened.

Mrs. L. L. Summer

MOCHA FILLING

- | | |
|-----------------------------------|--------------------------------|
| ½ C. Coble's butter | 4 T. very strong coffee |
| 1¾ C. confectioner's sugar | 1 t. vanilla |
| 3 T. Baker's cocoa | |

Cream the butter until light and fluffy, and add the sugar and cocoa (sifted together). Then add the warm but not hot coffee. Blend well; add vanilla, and spread. Mrs. Hugh Helms

MERINGUE FROSTING

4 egg whites

$\frac{1}{4}$ t. baking powder

$\frac{1}{2}$ t. salt

8 T. sugar

Use Electric Mixer:

Beat egg whites, add salt and baking powder and beat until stiff. Add sugar and continue to beat. Spread this frosting on top of cake before baking. If desired nuts may be sprinkled over the meringue.

Mrs. Roy E. Houser

FOUR MINUTE FROSTING

1 C. sugar

2 egg whites

$\frac{1}{4}$ t. salt

3 T. water

$\frac{1}{2}$ t. cream of tartar

1 t. vanilla

Use Electric Mixer:

Put all ingredients together in the top of a double boiler. Heat water in lower section and when boiling hot, put top section into lower and place entire double boiler on the base of the electric mixer. Tip mixer so it does not touch bottom of upper section and move double boiler about by handle so beaters reach all sections of icing. Use high speed. Mixing time 4 mins.

Variations for 4 minute frosting:

Caramel Frosting: Use 1 C. brown sugar in place of white sugar.

Maraschino Cherry Frosting: Substitute 3 T. Maraschino cherry juice in place of water. Add chopped cherries before spreading.

Orange Frosting: Use 3 T. orange juice in place of water. Add a little grated rind and tint light orange, using food coloring.

Pineapple Frosting: Use pineapple juice instead of water. Add bits of cut up pineapple.

Mocha Frosting: Use 3 T. coffee in place of water.

Fruit Frosting: Use 3 T. crushed berries and omit water.

Butter Frosting: $\frac{1}{3}$ C. Coble's butter, 2 T. fruit juice, milk, 2 C. sifted confectioner's sugar. Cream butter until light and fluffy, add sugar alternately with the liquid. If lemon or orange juice is used, add 1 t. of the grated rind. Beat until smooth.

Mrs. T. D. Gurley

MIRACLE FROSTING (Never Fail)

$1\frac{1}{2}$ C. sugar

$\frac{1}{3}$ C. water

Bring to a boil; boil for 3 mins. exactly. Place 2 unbeaten egg whites, $\frac{1}{4}$ t. cream of tartar, and $\frac{1}{8}$ t. salt in a small mixing bowl. Turn electric mixer to fast speed. Immediately add hot syrup all at one time. Beat for 5 mins. Add 1 t. vanilla. This is a soft frosting; does not become crusty over the top. For variation you may add 6 marshmallows to hot syrup and allow to dissolve before adding to egg whites.

Mrs. Felix Mendel, Jr.

ORNAMENTAL ICING

$1\frac{1}{2}$ C. sugar

$\frac{1}{2}$ C. water

2 egg whites

1 t. flavoring

1 t. baking powder

food coloring

Boil sugar and water without stirring until syrup spins a thread. Add very slowly to beaten egg whites. Add flavoring and baking powder. Beat until smooth and stiff enough to spread. Put over boiling water, stirring continually until icing grates slightly on bottom of bowl. Spread cake, saving a small portion or sufficient amount of icing to color and ornament or decorate cake. (This icing can be forced through a pastry tube or decorator).

Mrs. T. D. Gurley

UNCOOKED ICING

- 1 Box confectioner's sugar
- 2 level tablespoons shortening
(not butter)

Mix together and add enough top milk to make it of spreading consistency. Flavor with any desired flavoring (vanilla or lemon). Delicious and easy to make.

Mrs. George S. Falls

WHITE ICING

- | | |
|-----------------------|-----------------|
| 1½ C. sugar | ½ C. egg whites |
| 1 t. white corn syrup | 3 T. sugar |
| ½ C. water | 1 t. vanilla |

Boil sugar (1½ cups), water and syrup until it spins a thread. Meanwhile beat the egg whites stiff and almost dry. Add the 3 tablespoons of sugar to egg whites, gradually while beating. Add the syrup as soon as it is removed from stove, allowing only a thin stream to run into the egg whites. Continue pouring in the syrup and beating until icing holds a point. Add vanilla. Spread.

Mrs. C. A. Rudisill

GRIDDLE CAKES

BUCKWHEAT GRIDDLE CAKES

- | | |
|---|-----------------------|
| 2 C. scalded milk | ½ C. lukewarm water |
| ½ C. fine bread crumbs | 1¾ C. buckwheat flour |
| ½ t. salt | 1 T. molasses |
| ¼ yeast cake or ¼ pkg. granulated yeast | ¼ t. soda |

Pour milk over crumbs, and soak thirty mins., add salt, yeast dissolved in lukewarm water, and buckwheat flour, to make a batter thin enough to pour. Let rise overnight; in the morning, stir well, add molasses, ¼ t. soda dissolved in ¼ C. lukewarm water, and cook on hot griddle. (One-half cup of the batter may be kept in the refrigerator to raise another mixing of griddle cakes, instead of using yeast).

Mrs. M. A. Stroup

EASY BUCKWHEAT CAKES

- | | |
|------------------------|-----------------------|
| 1½ C. buckwheat flour | 1 t. salt |
| ½ C. White Goose flour | 1 t. soda (add later) |
| 2 C. thick buttermilk | 1 t. sugar |

Combine ingredients in order given. Mix the night before and store in refrigerator. Just before baking, stir in the soda which has been dissolved in a little warm water).

Mrs. Fred Houser

BUTTERMILK GRIDDLE CAKES

- | | |
|--------------------|----------------------------|
| 1 C. buttermilk | 1 t. soda |
| ½ C. sweet milk | ½ t. salt |
| 1 egg, well beaten | 1 T. melted Coble's butter |
| 1 t. soda | 2 T. cornmeal |
| ½ t. salt | 2 C. White Goose flour |

Mix ingredients in order given. Bake on hot well greased griddle. Makes 12 to 15 griddle cakes.

Mrs. Felix Mendel, Jr.

FLANNEL GRIDDLE CAKES

- | | |
|-------------------------|----------------------------|
| 1½ C. White Goose flour | 1 egg, beaten until light |
| 3½ t. baking powder | ¾ C. milk |
| 3 T. sugar | 3 T. melted Coble's butter |
| ¾ t. salt | |

Add milk and melted butter to egg. Add dry ingredients mixed together and stir vigorously until dry ingredients are well dampened. Cook. Makes 10 to 12 griddle cakes.

Mrs. M. A. Stroup

PANCAKES (Kosher)

2 eggs	1 t. sugar
½ C. milk (or water)	1 t. baking powder
½ C. Manischewitz Cake Meal	¼ t. salt
(Cake Flour)	

Beat eggs well, add milk, and dry ingredients. Mix well and pour cakes onto hot slightly greased griddle. When bubbles form throughout, turn cakes and brown other side. If a still lighter pancake is desired, the egg whites may be beaten separately until stiff and folded into batter last.

Mrs. A. Galloway

DESSERT PANCAKES

4 eggs, separated	¼ t. salt
2 T. White Goose flour	1 T. sugar
2 T. Melted Coble's butter	1 C. milk

Beat egg yolk until light and lemon colored. Add flour, salt, and sugar (sifted together) to the egg yolks. Mix well and stir in milk. Last fold in stiffly beaten egg whites. Melt butter in large skillet or griddle, pour in batter, and cook over moderately hot fire until pancake begins to set. Then place the pan in the oven (400° F.) to finish cooking. Turn onto a heated platter, spread with favorite fruit, preserves, or jam. Fold together, dust with powdered sugar, and serve immediately.

POTATO PANCAKES (Kosher)

5 or 6 grated raw white potatoes (about 3 cups)	¾ C. Manischewitz Matzo Meal (Flour)
1 grated onion	½ t. pepper
2 eggs	

Drain off most of the liquid from the grated potatoes, then mix them with the other ingredients. Drop by tablespoonfuls into deep hot fat. Fry until golden brown.

Mrs. A. Galloway

CANAPES AND HORS d'OEUVRES

ANCHOVY HORS d'OEUVRE

½ small clove garlic	1 pkg. cream cheese
1 - 1 oz. can anchovies	mayonnaise
	dash cayenne

Rub mixing bowl with garlic. Mash cream cheese and drained anchovies together in the bowl. Add cayenne to taste. Spread on crisp crackers. If desired spread on thin slices of sandwich bread from which the crusts have been removed. Roll up each slice and fasten with tooth pick or cocktail pick. Wrap in a damp cloth and chill in refrigerator until ready to use. Brush with melted Coble's Butter and remove tooth picks. Toast under broiler until brown.

Mrs. C. G. Beam

ANCHOVY PASTRIES

1 C. White Goose flour	1 pkg. cream cheese
¼ lb. Coble's butter	½ t. salt
Anchovy Paste:	

Cream the butter, add the cream cheese, and cream again. Blend in the flour and salt (sifted together) until a dough is reached. Roll out and cut into any desired shape, the smaller the more attractive. Spread with anchovy paste. Place on buttered baking sheet and bake at 450° F. until done. Serve hot. These are very appetizing and most delicious.

Mrs. T. D. Gurley

ANCHOVY SPREAD

3 pkgs. cream cheese	1 t. onion juice or
¼ to 1 tube anchovy paste	1 t. grated onion
1 large sweet cooked pimento (chopped fine)	

Spread on crisp salted crackers or small toast points.

Mrs. L. Edwin Rudisill

Favorite recipe of the late Carole Lombard

ANGELS ON HORSEBACK

Mix a little lemon juice, cayenne, essence of anchovy in a saucer. Dip prime eastern oysters in this mixture. Roll each one in a slice of bacon. Next put each oyster on a skewer and fry in butter. Now place each oyster on a slice of piping hot toast and serve immediately.

CAVIAR AND EGGS

Cut hardboiled eggs in half lengthwise. Remove yolks and put through a sieve or mash very fine. Add a few drops of lemon juice and grated onion to suit taste. Mix with mayonnaise or salad dressing. Restuff the whites. Spread caviar over tops of eggs. Garnish each with a sprig of parsley, slice of stuffed olive, or a thin sliver of sweet pimento.

Mrs. Roy Carpenter

CAVIAR CANAPE

Cut bread ¼ inch thick, in diamond-shaped pieces. Toast on one side. Dip edges in melted Coble's Butter, then in finely chopped parsley. Divide top in 4 sections. Put caviar in opposite sections, chopped hard cooked egg whites in other sections. Cover egg white with mayonnaise and garnish with stuffed olive or pickled onion.

Mrs. T. D. Gurley

CAVIAR RISSOULETTES

Roll rich pastry or puff paste about ¼ inch thick and cut with small fancy cutters. Wet edges of half the pieces with cold water and place in center of each 1 teaspoon caviar seasoned with lemon juice. Cover with the remaining pieces and press edges firmly together. Fry to a golden brown in deep fat and drain on crumpled absorbant paper.

Mrs. Felix Mendel, Jr.

CRAB MEAT CANAPES

Spread rounds of toast or toast points with creamed Coble's Butter mixed with an equal quantity of grated cheese (sharp or mild to suit taste), and seasoned to taste with salt and pepper. Cover with creamed crab meat (equal amount of crab meat mixed with white or cream sauce). Bake in hot oven until brown. Garnish with sliced olives or thin strips of pimento.

Mrs. T. D. Gurley

STUFFED CELERY

Stuff crisp well bleached celery with your choice of the following:

Cream cheese mixed with a little cream or top milk, minced or grated onion, and a little caviar.

Roquefort cheese mixed with a little top milk or cream, and a little mayonnaise or salad dressing.

Cream cheese, mayonnaise or salad dressing, and chopped nuts.

Cream cheese mixed with minced pimento, chopped olives and mayonnaise.

Avocado mashed or run through a sieve, seasoned with a little lemon juice (this also helps to keep the avocado from darkening), grated onion, salt, and mayonnaise or salad dressing.

Cream cheese mixed with a little grated onion, salt, lemon juice, mayonnaise, and a few drops of vegetable coloring. Tint to desired shade.

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Cherryville, N. C.

STUFFED EGGS

6 hardboiled eggs, cut in halves,
lengthwise

Prepared mustard and mayonnaise
to suit taste

Grated onion to suit taste
salt and pepper

Press egg yolks through a sieve or mash fine. Blend in thoroughly prepared mustard and mayonnaise. Season to taste. Mix thoroughly. Stuff whites. Allow to chill before serving.

Mrs. Howard Allran

EMPANADAS DE ATEEN

(Pastries of Tuna Fish for Hors d'Oeuvres)

2 C. White Goose flour

2 T. shortening

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ C. cold water

1 beaten egg

Filling:

1 can tuna fish

$\frac{1}{2}$ t. lemon juice

$\frac{1}{2}$ t. chopped parsley

Put flour in a bowl and in the center place the shortening and salt. Add alternately the cold water and the beaten egg, mixing with a fork to form pastry. Make a ball of the pastry and leave in the refrigerator for an hour.

Add the lemon juice and parsley to the tuna and mix well. Roll pastry thin on a floured board. Cut in round pieces and add a spoonful of tuna to each. Fold in half and seal tightly. Place on greased pan a few inches apart and bake in over 425° F. for 20 minutes.

Mrs. Virginia Beam Passage, Barranquilla, Columbia, South America

OTHER SUGGESTIONS

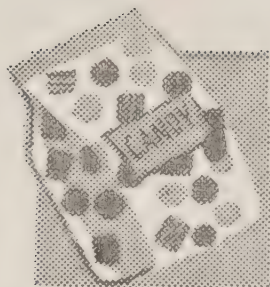
Avocado mashed fine, and combined with 1 pkg. of cream cheese, a little grated onion, lemon juice, salt and pepper to taste. Serve as a spread on small crackers or strips of toast or toast points.

Ground Salami mixed with cream cheese, grated onion, salt, pepper, and mayonnaise. Spread on crackers or toast strips.

Small sardines sprinkled with a little lemon juice and if desired, a drop of Tobasco. Place on toast strips.

Pate de foie gras spread on toast strips or toast points.

Small tomatoes (peeled, hollowed out, and chilled) or pimento cups stuffed with favorite meat or seafood salad. Serve on crisp lettuce or favorite salad greens. Garnish with pickles, olives, and parsley.



CANDY

BITTER-SWEET CANDY

- | | |
|----------------------------------|----------------------------|
| 2 lbs. 4X (Confectioner's) sugar | $\frac{1}{4}$ lb. nuts |
| $\frac{1}{4}$ lb. Coble's butter | Vanilla and salt to taste. |
| 1 small can evaporated milk | |

Mix all ingredients together and drop on wax paper forming candy into any desired shapes and sizes. Then dip in the following:

Dipping Chocolate

- | | |
|--|---|
| 1 8 oz. pkg. Baker's unsweetened chocolate | $\frac{1}{4}$ cake or stick of Paraffin |
|--|---|

Put chocolate and paraffin in top of double boiler over boiling water. Melt and mix thoroughly. Using an ordinary hat pin, dip the candy creams in the chocolate and place on wax paper to cool and dry thoroughly.

Mr. R. L. Avery, Richmond, Va.

BLACK & WHITE FUDGE

Black Part:

- | | |
|------------------------------------|-------------------------|
| 3 C. sugar | 1 T. vanilla |
| 4 T. Baker's cocoa | 2 T. Coble's butter |
| $1\frac{1}{2}$ T. white corn syrup | $1\frac{1}{2}$ C. cream |

Combine, sugar, syrup, cocoa, and cream. Boil to soft ball stage (234° to 238° F.). Cool to room temperature. Add butter and flavoring. Beat until creamy. Pour into well buttered pan.

White Part:

- | | |
|------------------------------------|-------------------------|
| 3 C. sugar | $1\frac{1}{2}$ C. cream |
| $1\frac{1}{2}$ T. white corn syrup | 1 T. vanilla |
| | 2 T. Coble's butter |

Combine and cook as black part. When cool beat until creamy. Then pour over black part. Nuts may be added if desired. The two portions will not run together, but will cut together. Cut in squares.

Mrs. E. S. Wehunt

CREOLE FUDGE

- | | |
|---|-----------------------|
| 1 lb. dark brown sugar | 1 T. Coble's butter |
| $\frac{3}{4}$ C. milk | 1 t. vanilla |
| 2 sqs. Baker's unsweetened chocolate (grated) | 1 cup Pecans (broken) |

Mix sugar, milk and chocolate in sauce pan; bring to boil. Cook until mixture will form a soft ball in cold water. Remove from fire, add butter, vanilla, pinch of cream of tartar, and nut meats. Let cool. Beat until creamy.

Mrs. Roy E. Houser

CHOCOLATE FUDGE

- | | |
|-----------------------|-----------------------------|
| 2 C. sugar | $\frac{3}{4}$ C. sweet milk |
| 2 T. Baker's cocoa | 2 t. vanilla |
| 2 T. white karo syrup | 2 T. Coble's butter |

Mix sugar, cocoa, syrup thoroughly. Add milk. Cool until it forms a soft boil in water. Do not stir after candy starts cooking. Add butter and vanilla. Cool. Beat until creamy.

Mrs. John P. Wilson

CHOCOLATE FUDGE

- | | |
|---|--------------------------------------|
| 2 C. sugar | 3 sqs. Baker's unsweetened chocolate |
| 1 C. water mixed with 1 C. sweetened condensed milk | 1 C. chopped nut meats |

Mix sugar, water, and milk in large sauce pan. Bring to boil and cook over low flame until mixture forms a soft ball in cold water. Remove from fire, add chocolate cut in small pieces, and nut meats. Beat until thick and creamy. When cool, cut in squares. A superb fudge!

Mrs. Milton Gold

CHOCOLATE FUDGE

- | | | |
|-----------------|--------------------|--------------------------------------|
| 2 C. sugar | 2 T Coble's butter | 1 C. chopped nuts |
| 2/3 C. milk | | 3 sqs. unsweetened Baker's chocolate |
| 2 T. corn syrup | | 1 t. vanilla |

Put sugar, milk, syrup and chocolate (broken in small pieces) in a saucepan. Stir until sugar is dissolved. Cook slowly until mixture forms a soft ball when a little is dropped into cold water. Remove from heat. Add butter. When cooled to lukewarm, add vanilla. Beat until thick, add nuts. Pour into greased pan. Chill, cut into squares when firm.

Miss Cora White

DIVINITY FUDGE

- | | |
|--------------------|--------------------------|
| 4 C. sugar | 2 C. nuts |
| 1 C. white syrup | 1 C. maraschino cherries |
| 1 C. boiling water | cut up |
| Whites of 2 eggs | |

Cook sugar, syrup and water until it forms a soft ball in water. Beat egg whites until stiff, pour in cooked mixture gradually, beating all the while. Add nuts and cherries. When candy begins to stiffen, drop in small balls on oiled or waxed paper, or in buttered dish.

Mrs. T. D. Gurley

DATE ROLL

- | | |
|------------------|---------------------|
| 3 C. white sugar | 1 T. Coble's butter |
| 1 C. sweet milk | 1 C. black walnuts |
| 1 lb. dates | 1 t. vanilla |

Cook sugar and milk until it forms a soft ball when dropped in cold water. Add chopped dates and cook a few minutes longer. Remove from stove, add butter, and beat until creamy. Add vanilla and nuts. Make into a roll, wrap in a damp cloth, and when thoroughly chilled, cut in slices.

Mrs. D. P. McClurd

DOUBLE FUDGE

- | | |
|------------------|------------------------------------|
| 1st Part: | 1/2 stick (1/8 cup) Coble's butter |
| 2 C. brown sugar | 1/2 C. rich milk |
| 1 C. white sugar | 1 sq. chocolate |

Cook until it forms a soft ball when dropped into cold water. Cool. Beat thoroughly. Add 1 t. vanilla and pour into buttered pan.

- | | |
|------------------|---------------------|
| 2nd Part: | 3/4 C. rich milk |
| 3 C. brown sugar | 4 T. Coble's butter |

Cook to soft ball state. Partly cool. Add 1 t. vanilla. Beat thoroughly and pour over chocolate mixture. When cool, cut into squares.

Mrs. J. Ben Dellinger

COMPLIMENTS OF ROY & TROY GROCERY AND MARKET

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CHERRYVILLE, N. C.

FONDANT (1)

2 C. sugar

2/3 C. water

1/8 t. cream of tartar

Cook ingredients until a bit dropped into cold water forms a soft ball. Pour into large bowl of electric mixer and set aside to cool. When cool enough to retain a dent made by the tip of a spoon, beat with electric mixer until thick and creamy.

Wrap in oiled paper or place in greased bowl; cover tightly, and allow to ripen for 24 hours in a cool dry place. Shape into desired shapes and sizes, add various flavors, colors, nuts, candied fruits, etc. as desired. May also be dipped in bitter sweet melted chocolate or used as a stuffing for pitted dates.

Mrs. T. D. Gurley

FONDANT (2)

2 C. sugar

1/8 t. cream of tartar

1/2 C. boiling water

1/2 t. glycerin

Bring to boiling point. Boil rapidly without stirring until mixture forms a soft ball when tried in cold water. Pour into a bowl, stir and beat until white and creamy. Turn on a marble slab and knead until smooth. Return to bowl, cover tightly, and let stand and ripen for 24 hours. Flavor, color and decorate as desired. Fondant may be melted in dish placed in pan of boiling water. You can then ice small cakes by dipping them into the melted fondant, if cakes are glazed before dipping. To make glaze beat 1 egg white slightly and add 1 T. powdered sugar. Let glaze dry thoroughly on cakes before dipping in fondant.

Miss Lucy Harrelson, Beam's Inn

GLACE (1) (For Fruits and Nuts)

1 lb. sugar

1/4 t. cream of tartar

1/2 C. water

Stir mixture until sugar is dissolved. Boil until a little tried in cold water forms a hard ball. Place saucepan in bowl of hot water. Drop nuts and pieces of fruit in a few pieces at the time. Remove at once and cool on oiled paper or buttered dish.

Mrs. T. D. Gurley

CRYSTALIZED GRAPEFRUIT RIND

Cut rind in strips (about 40 or 50 strips), soak overnight in salt water. Remove strips from salt water, cover with cold water and let come to a boil. Repeat this four or five times changing the water each time.

Make a syrup of 2 cups of sugar and 1 cup of water. Let come to a boil and put strips in syrup. Cook slowly until syrup is almost cooked away. Take rind out, cool slightly, roll in granulated sugar.

If you want to add nuts, when syrup has cooked to about half the syrup, put in pecans (if small leave in halves, if large cut halves in two pieces). After strips have been rolled in sugar, place nuts on strips. Use about two pieces of nuts for each strip.

Mrs. D. P. McClurd

HEAVENLY HASH

2 C. sugar

1 C. cream

1 T. Coble's butter

1 t. vanilla

1/2 C. blanched or roasted almonds

1/2 C. chopped pecans

2 T. marshmallow cream

4 T. grated unsweetened Baker's

24 marshmallows

chocolate

Combine chocolate and sugar. Add cream and butter. Boil to soft ball stage. Remove from fire. Add marshmallow cream, nuts and flavoring. Beat until mixture begins to thicken. Place marshmallows on well-buttered dish evenly. Pour mixture over them. Let cool, cut in squares with a sharp knife. (This is delicious)

Mrs. L. Edwin Rudisill

MARSHMALLOW MINTS

1½ C. sugar
1 large or 2 small egg whites
1 t. vinegar
½ t. peppermint

Vegetable coloring by drops - to make
mints light or pastel colors.
2 pkgs. marshmallows

Cook sugar to thread 4" long (365° F.). Beat into stiffly beaten egg whites. Cut marshmallows in 3 pieces, using sharp kitchen scissors which should be dipped very frequently in ice cold water so that marshmallows will cut as smoothly as possible. Have a separate bowl for each different color. Add desired coloring to each bowl of mixture and beat in well with fork or wire egg beater. Using an ordinary hat pin, dip marshmallows in mixtures, and place on board to harden. These are both delicious and lovely.

Mrs. T. D. Gurley

MARTHA WASHINGTON CANDY

1½ lbs. confectioner's sugar (sifted)
¼ lb. butter
3 to 4 sqs. Baker's unsweetened
chocolate

Small piece of paraffin

Cream sugar and butter, add few drops of desired flavoring: vanilla, maple, mint, etc. Make into any desired shape. Melt chocolate and paraffin together, dip candy in chocolate, place half pecan or English walnut on top. Let dry on waxed or well oiled paper.

Mrs. T. D. Gurley

PULLED MINTS

2 C. sugar
1 C. boiling water

¼ or ½ lb. Coble's butter or more

Grease pan all the way. Put sugar, butter and water on flame. Do not stir. Cook until brittle in cold water. Pour out on marble slab, and begin pulling right away. After it is white and fluffy, pull out in ropes. Lay on slab and cut with scissors about a quarter of an inch in length. Let stand until they are dry and not sticky. Put in closed tins until creamy. Put mint oil and color in while pulling.

Mrs. Cliff Stroup

LA COLLE

"La Colle" is a delightful kind of molasses praline cake that the old Negro candy vendors made out of black molasses and pecans or peanuts. These cakes were placed in dainty white paper cases and dried, and sold, to the delight of the Creole kiddies and their elders.

4 cups of brown sugar or 1 pint molasses.

2 cups of Louisiana pecans or peanuts.

Take two pounds of brown sugar and boil it down to almost one pint of syrup. To this dark syrup add two cups of nuts, cut or mashed in irregular sizes. Then when it becomes so thoroughly boiled that it passes like a thread between the fingers, pour it into small white paper (frilly) cups or cases, making the cake about a half or quarter of an inch in thickness. Then set them to dry.

Mrs. J. Norman Fogg

PRALINES

1 C. light brown sugar
1 C. sugar
5 T. water

1½ C. chopped pecans
1 T. Coble's butter

Combine sugar, water and butter. When mixture begins to boil rapidly, add pecans. Boil stirring constantly, until mixture forms large bubbles on top and looks sugary. Remove from fire. Drop by the spoonfuls onto well buttered tin or platter.

Mrs. T. D. Gurley

FRENCH NOUGAT

1st Part:

2 C. sugar

Combine ingredients. Boil to brittle stage.

2nd Part:

$\frac{1}{2}$ C. water

3 egg whites

2 T. Baker's cocoa

$\frac{1}{2}$ C. chopped candied cherries

$\frac{1}{4}$ C. water

1 C. white syrup

$\frac{1}{2}$ C. chopped nut meats

1 C. sugar

1 t. vanilla

$\frac{1}{2}$ C. cocoanut

Combine sugar, cocoa, and water. Boil to soft ball stage. Pour slowly over stiffly beaten egg whites. Beat constantly. Add 1st part, and continue to beat until the mixture begins to stiffen. Add flavoring, nuts, candied cherries, and cocoanut. While mixture is still hot but reaching a firm stage, rinse hands in cold water (do not wipe them). Form into small loaves. Dip in melted Baker's Hot Chocolate. Place on well buttered or greased tin. When cold, slice with very sharp knife.

Mrs. R. J. Allran

PEANUT BUTTER CANDY

2 C. sugar

1 C. milk

1 C. crunchy peanut butter

1 t. vanilla

Piece of Coble's butter size of an egg

Boil sugar and milk until mixture forms a soft ball when dropped in water. Remove from fire and add butter, vanilla, and peanut butter. Beat. Pour into buttered tin, let cool, and mark off into squares.

Miss Irene Sox

PECAN ROLL

2 C. white sugar

1 C. brown sugar

1 C. cream

$\frac{1}{2}$ C. white syrup

2 C. finely chopped pecans

Few drops vanilla

Boil cream, sugar, and syrup to soft ball stage. Cool. Beat until creamy. Add $1\frac{1}{2}$ C. pecans. Mix in well. Turn onto slab or board well dusted with powdered sugar. Knead until firm. Shape into a roll, and cover outside with remaining $\frac{1}{2}$ C. pecans. Put in cool place to harden. Slice when firm, using a sharp knife.

Mrs. T. D. Gurley

PENOCHÉ

2 C. brown sugar

$\frac{1}{2}$ C. cream

2 T. Coble's butter

$\frac{1}{2}$ C. cocoanut

$\frac{1}{2}$ C. chopped dates

$\frac{1}{2}$ C. chopped nuts

Combine sugar, cream, and butter. Boil to soft ball state. Remove from fire. Cool to room temperature. Heat until creamy. Add fruit, cocoanut and nuts. Continue beating until mixture holds its shape. Pour into well-buttered tin. Cut in squares.

Mrs. Howard Allran

SALT WATER TAFFY

1 C. sugar

3 T. corn-starch

dash of salt

$\frac{1}{2}$ C. water

$\frac{2}{3}$ C. honey

Mix dry ingredients. Add water and honey. Cook to hard ball stage. Pour on well buttered slab. Start pulling when cool enough to handle. Pull until porous. Cut in 1 inch pieces.

Mrs. T. D. Gurley

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SOUTHERN FUDGE

2 lbs. sugar
1 pkg. dates
2 C. nut meats

2 C. evaporated milk
1 small jar Maraschino
cherries

Put the sugar, milk, and dates (cut up) into a saucepan and boil about 20 mins., stirring constantly. Add the cherries cut in half and continue boiling until a small quantity cooled on saucer will grain. Remove from fire, add the nut meats and beat as long as possible. Roll in towel that has been wrung out of cold water. Shape firmly and set away to cool. Afterwards slice into thin pieces.

Mrs. D. O. Rudisill

HINTS ON CANDY MAKING

First select a tried, true and tested recipe and adhere to strictly.

If recipe calls for cream of tartar, do not add it until the syrup begins to boil.

In pulling and handling all boiled candies, always butter the hands well to keep candy from sticking to them.

In making fudges, be sure the sugar is completely dissolved before the syrup starts boiling. Do not stir after boiling starts unless the recipe specifies this, as this will cause the fudge to be grainy.

Butter should not be added until the candy is almost done, unless recipe states otherwise.

Flavorings should not be added while candy is cooking as they are much lessened by cooking.

If the saucepan in which you are cooking candy is buttered an inch or two down from the top, the syrup will not boil over.

Don't scrape out pan or allow the last of the syrup to slowly drip from it, as this will make the candy grainy.

If at all possible use a candy thermometer, as this takes the "guess" out of candy making.

When using a thermometer, do not remove it from the saucepan to read it, as your reading will not be accurate.

In making mints and fondants, use either a porcelain or glass saucepan; aluminum has the tendency to darken these two candies.

When making candy in damp, wet, or inclement weather, always cook a little longer to help insure the desired results. If possible, make candies when weather is fair and dry.



CANNING, CONSERVING, PRESERVING, PICKLING, ETC.

APPLE JELLY

Wash apples and cook whole in a large preserving kettle until quite pulpy. Strain through a jelly bag without squeezing. If pulp is pressed through metal wire sieve first, the mixture will go through the jelly bag easier.

For each 5 pints of apple juice, add 4 lbs. sugar (if desired the thin rind of two lemons may be added). Boil all together for about 1 hour or until mixture reaches temperature of 222° F., or jelly "sheets" from a spoon. Pour in sterilized jelly glasses, top with melted paraffin and seal.

Mrs. M. A. Stroup

APRICOT-PINEAPPLE CONSERVE

1 lb. dried apricots

1 No. 2½ can crushed pineapple

6 C. sugar

1 C. chopped walnuts or pecans

or mixed

Soak apricots overnight in sufficient cold water to cover. Next morning drain well. Add pineapple and sugar, and boil 30 to 40 mins., stirring almost continuously to prevent sticking and burning. Add chopped nuts. Stir well. Put in sterilized jelly glasses, cover with paraffin and seal. Makes about 12 glasses of conserve. Delicious!

Mrs. Lester Houser

GRAPE JELLY

Allow 1 C. water to each pound of fruit. Cook until grapes come all to pieces. Mash fruit and strain. Allow 1 C. sugar for 1 C. juice. Cook to 222° F. or until jelly "sheets" from spoon. Pour in sterilized jars, top with melted paraffin, and seal.

Mrs. T. D. Gurley

GRAPE CONSERVE

4 lbs. Concord grapes

2 lbs. sugar

¼ t. salt

1 C. seedless raisins

1 orange

1 C. finely chopped nuts

Wash and drain the grapes, remove them from the stems, and slip off the skins and keep them separate. Cook the grape pulp for about 10 mins. or until the seeds show. Press the grape pulp through a sieve or fine collander to remove the seeds. To the grape pulp add the sugar, salt, raisins, and the orange, (which has been ground fine in food chopper, rind and all, and had the seeds removed). Cook rapidly until the mixture begins to thicken, stirring frequently to prevent sticking. Add the grape skins and cook for 10 mins. longer, or until the conserve is thick. Stir in the chopped nuts. Pour at once into hot sterilized jelly glasses. Top with melted paraffin, and store in a cool dry place.

Mrs. M. A. Stroup

TO CAN TOMATO JUICE

Wash tomatoes. Cut and cook until very tender. Put through a sieve. Reheat the juice at once and bring to boiling point. Pour into sterilized jars, add 1 t. salt and 1 t. sugar to each quart. Seal. Process 5 mins. in boiling water. Start counting time when the water begins to boil around the jars.

Mrs. T. D. Gurley

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GRAPE JUICE

Wash grapes. Cover well with water, and cook until grapes are soft. Squeeze out. Strain juice. Bring juice to a boil, add 1 C. sugar to each $\frac{1}{2}$ gallon of juice. Boil again. Pour in hot sterilized jars and seal.

Mrs. George S. Falls

MINT JELLY

2 lbs. tart apples

3 C. sugar

Water

1 C. chopped and bruised mint
leaves or

1 t. mint flavoring

green food coloring

Wash and cut apples into quarters. Barely cover with boiling water, and cook until very tender. Put into jelly bag to drain. Add the mint leaves to the apple juice and bring to a boil. Let cool. Strain. Bring juice to boiling point, add the sugar and cook until the jelly "sheets" off the spoon. Add green food coloring to tint desired shade. Pour in hot sterilized glasses, pour hot paraffin over top, and seal.

Mrs. T. D. Gurley

TO CAN TOMATOES

Wash tomatoes. Remove skin by pouring boiling water over them. Remove the cores or any hard parts. Pack whole in sterilized jars. To each quart add 1 t. salt and 1 t. sugar. Seal. Process 2 hours. These keep perfectly and are very delicious.

Mrs. M. A. Stroup

TO CAN GREEN BEANS

String and break green beans. Blanch them by putting them in a cloth sack and pour over them boiling water and let stand 5 minutes. Pack beans in cans or jars, fill to $\frac{1}{2}$ inch of top with boiling water. Add 1 t. salt to each quart of beans. Seal. Process for 3 hours.

Mrs. Stacy Harrelson

TO CAN CORN

6 qts. corn

4 T. salt

6 t. salicylic acid

Mix corn and salt, cover with water, and let cook for 30 mins. Add the salicylic acid and stir in thoroughly. Put in cans and seal. Cook 1 hour in cold water bath.

Mrs. Jack Baxter

SAUERKRAUT

(Make and can at the same time)

1st Method: (Cold pack)

Chop or shred cabbage fine. Pack in glass jars. For each quart place 1 t. sugar and 1 t. salt on top of cabbage, then fill jars with cold water to cover. Seal airtight. Kraut fixed in this manner in warm weather is ready for use in 3 or 4 days.

2nd Method: (Hot pack)

Chop or shred cabbage fine. To each quart of shredded cabbage add 2 t. salt, stir, and pound with pestle. Pack in sterilized jars with mixture to within $\frac{3}{4}$ inch of top of jar. Fill to overflowing with boiling water. Seal. This may "work out" after a few days, but that does no harm. This kraut is delicious.

Mrs. T. D. Gurley

MARMALADE

1 grapefruit (take only the heart
and seeds, throw away the rind).

the yellow rind off, save seeds).

Slice very thin.

4 oranges and 2 lemons (Grate

Pour 4 quarts of cold water over fruit. Pour 1 quart of boiling water over seeds. Let all stand 24 hours. Add seed water to other mixture, and boil 1 hour. Put aside for 24 hours, then add 1 cup of sugar to each cup of mixture, and boil to a jelly. (Makes about 8 pts.).

Mrs. L. L. Summer

PEAR-ORANGE-LEMON MARMALADE

10 lbs. pears
8 lemons

6 oranges
sugar

Peel and cut up pears, grind in food chopper. Grate the rinds of the orange and lemons. Chop the fruit of the oranges and slice the rind very thin. Squeeze the juice from the lemons. Remove all seeds and throw away. Measure fruit and juice and to each cupful add $\frac{1}{2}$ cup of sugar. Cook slowly until mixture jellies. Pour in sterilized jars and seal.

Mrs. M. A. Stroup

MINCEMEAT

5 C. ground meat (hog's head)
5 C. brown sugar
 $\frac{1}{2}$ C. vinegar
6 medium sized oranges
 $2\frac{1}{2}$ C. raisins

$2\frac{1}{2}$ C. currants
8 apples, chopped fine
1 T. mace
1 T. allspice

Mix all ingredients together. Cook 40 minutes and seal. Mrs. E. S. Wehunt

BREAD AND BUTTER PICKLES

1 Gal. cucumbers after sliced
2 green peppers

8 small onions
 $\frac{1}{2}$ C. salt

Mix. Let stand 3 hours in ice.

Drain off and take

5 C. sugar
5 C. vinegar
 $1\frac{1}{2}$ t. tumeric

$\frac{1}{2}$ t. cloves
1 t. celery seeds
2 T. mustard seeds

Mix together. Place over slow heat. Let come to boil but do not boil. Drop pickles in but do not let boil. Pack in sterilized jars and seal. Mrs. Troy C. Homesley

CUCUMBER PICKLES (1)

(Keeps without sealing)

2 Gals. split cucumbers
1 pint salt

1 Gal. boiling water

Pour hot water over salt and cucumbers and let stand one week, weighted. Drain liquid from cucumbers and pour one gallon boiling water over them. Let stand 24 hours. Drain and repeat process, adding alum size of a walnut. Let stand 24 hours. Drain. Boil the following ingredients and pour over pickles:

$2\frac{1}{2}$ qts. vinegar
5 sticks cinnamon
2 t. celery seed

3 C. sugar
 $\frac{1}{2}$ C. diced horseradish

Let stand for 24 hours. Drain this liquid, reheat it and pour back over pickles. Repeat in 24 hours. Pickles may be kept without sealing but if desired they may be canned. If there is vinegar left over, you may put it in a jar and use it in the next canning.

Miss Irene Sox

CUCUMBER PICKLES (2)

Put whole cucumbers in 1 gallon of water to which has been added 1 cup salt. Soak for 1 week. Take out and wash thoroughly. Cut in rings. Soak in 1 gallon of water to which has been added 1 cup of slack lime for 2 or 3 hours. Wash thoroughly.

Make syrup of $\frac{1}{2}$ box pickling spice, 1 cup vinegar, and 1 cup sugar. (Add more vinegar and sugar if you desire). Cover rings with syrup and soak overnight. Next morning, pour syrup off and boil 10 minutes. Pour back over cucumbers and let stand for 2 hours. Put all on to cook for 10 minutes. Seal in jars.

Miss Kate Whitworth

1 DAY CUCUMBER PICKLES

6 lbs. cucumbers
3 lbs. sugar
2 qts. vinegar
2 C. salt

1 C. lime
3 T. alum
1 box mixed spices

Cut cucumbers in thin rings. Cover with lime water and soak overnight. Wash and soak in salt water 6 hours. Drain, soak in clear water 1 hour. Wash and boil in alum $\frac{1}{2}$ hour. Wash in hot water.

Place spices in cloth and boil with vinegar and sugar. Add cucumbers and boil until pickles look clear. Place in jars and seal. A true tested recipe.

Mrs. Lester Houser

8 DAY CUCUMBER PICKLES

1 peck cucumbers

1st day: Soak in clear water.

2nd day: Drain and add 2 cups of salt and boiling water to cover.

3rd day: Drain, add $\frac{1}{4}$ lb. alum and boiling water to cover.

4th day: Drain and add 1 quart vinegar and 4 quarts water and boil.

5th, 6th, 7th days: Drain and boil mixture.

8th day: Drain and wipe dry, and place in jars. Add the following syrup:

8 C. sugar

pickling spices to suit taste

8 C. vinegar

Boil syrup and pour over pickles. Seal.

Mrs. T. D. Gurley

14 DAY CUCUMBER PICKLES

Select and wash enough cucumbers to make about 2 gallons after cutting. Place in a stone jar and pour over them 2 cups of salt and 1 gallon of boiling water. Let stand 1 week skimming very day, if necessary.

8th day: Drain well and let stand 24 hours after pouring over them 1 gallon of boiling water.

9th day: Drain again and pour over them 1 gallon of boiling water and 1 T. of powdered alum. Let stand 24 hours.

10th day: Drain and pour over them 1 gallon of boiling water and let stand 24 hours.

11th day: Drain and put into clean jar or preserving kettle and pour over them boiling hot the following syrup:

5 pints of strong vinegar

$\frac{1}{2}$ oz. celery seed

6 C. sugar

1 oz. stick cinnamon

On the 12th, 13th, and 14th days: Drain and reheat the liquid each day, adding 1 cupful of sugar each day. Can be sealed or kept in an open jar.

Mrs. Troy C. Homesley

PICALILLI RELISH

1 qt. green tomatoes

$\frac{1}{2}$ C. salt

1 bunch celery

3 C. vinegar

2 sweet red peppers

1 lb. brown sugar

2 sweet green peppers

1 t. mustard

2 large mild onions

1 t. tumeric

1 small head cabbage

Chop the vegetables, cover with salt, and let stand overnight. In the morning drain and press in a cloth to remove all the liquid possible. Add the vinegar, sugar, and spices, and simmer until clear. Seal in clean hot jars.

Mrs. Carlyle Summer

PEPPER HASH

1 doz. green sweet peppers
1 doz. red sweet peppers

1 doz. medium size onions

Wash peppers; peel onions. Remove seeds from peppers. Cut peppers and onions with food chopper. Pour over enough boiling water to cover, and let stand 5 minutes. Drain well. Add 1 T. salt, 2 cups sugar, and 3 cups vinegar. Bring to boil and boil 5 minutes. Place in sterilized jars and seal.

Mrs. T. D. Gurley

ICED GREEN TOMATO PICKLES

Soak for 24 hours: 7 lbs. sliced green tomatoes, (tomatoes may be peeled, if desired), in 2 gallons of water in which 3 cupfuls of lime have been added and dissolved. Then drain and soak in fresh water for 4 hours, changing the water every hour. Drain.

Place in kettle;
5 lbs. sugar
3 pts. vinegar

1 t. each: cloves, ginger, allspice,
celery seed, mace, and cinnamon

Bring to boiling point and pour over tomatoes and let stand overnight. In the morning let boil 1 hour. Seal in sterilized glass jars. (The lime makes the tomatoes very crisp).

Mrs. J. D. Hobbs

FIG PRESERVES

Sprinkle 8 lbs. of figs with soda, scald thoroughly with boiling water. Then wash thoroughly with cold water. Place figs in a preserving kettle, add 5 lbs. white sugar, (spices of your choice, if desired), and 3 large lemons, sliced. Bring to boil and cook until the syrup is golden brown. While still hot, pour into hot sterile jars. Pour melted paraffin over top of each jar and seal.

Mrs. L. L. Summer

STRAWBERRY PRESERVES

Use firm, ripe, clean berries. Take two quarts of berries and pour boiling water over them, leaving them for 2 minutes. Then drain. Add 4 C. of sugar and boil 2 mins. (counting time after entire contents of pan is boiling well). Remove from fire and after contents has stopped bubbling, add 2 more cups sugar and boil 5 minutes. Count time as specified before. Pour in pans so contents will not be over 1½ inches deep in pans. Let stand overnight. Seal next morning. (I sometimes boil a little longer if berries are very juicy).

Mrs. Geo. S. Falls

CELERY SAUCE

2 doz. ripe tomatoes
2 bunches celery
8 large onions
2 red peppers

2 T. salt
2 C. vinegar
1 lb. brown sugar

Clean the vegetables, chop fine, and add vinegar (reserve a cup and add only if it becomes too dry), sugar, salt, and let it simmer until vegetables are tender, (about 90 minutes). While hot fill sterilized jars and seal at once.

Mrs. J. D. Hobbs

TOMATO SAUCE

8 qts. sliced tomatoes
1 C. sliced pepper
1 C. sliced onions
3 C. sugar
¼ C. salt

1½ qts. vinegar
3 t. cloves
3 t. cinnamon
2 t. nutmeg
2 t. ginger

Mix all ingredients together and cook 3 hours, or until thick. Seal in sterilized jars.

Mrs. H. B. Williams

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STERCHI'S FURNITURE CO.

Shelby, N. C.

RAISIN-PEAR SANDWICH SPREAD

- | | |
|-----------------------|----------------------------------|
| 1 peck pears | 1 t. cinnamon |
| 2 lbs. seeded raisins | 1 t. nutmeg (other spices may be |
| 3 lbs. brown sugar | used if desired) |

Peel and core pears; grind raisins and pears together in food chopper; mix sugar and spices with raisins and pears. Cook gently until sugar is well dissolved, then cook rapidly until pears are tender. Pour into jars or glasses and seal with paraffin. (This makes good tarts as well as sandwiches. Nuts added to the spread improve the sandwiches).

Mrs. L. L. Summer

CORN RELISH

- | | |
|---|--|
| 18 ears of tender corn (cut and
scraped from cob) | 2½ lbs. white sugar or 2 lbs. brown
sugar |
| 1 large cabbage | ½ C. salt |
| 4 large onions | ½ gal. vinegar |
| 1 bunch of celery | ½ jar prepared mustard |
| 4 pods of bell pepper | 2 T. tumeric |
| 2 pods green (hot) pepper or 2
pods red (hot) pepper | |

Mix all ingredients together, and cook until the cabbage and celery are done. Can and seal.

Mrs. Eli Beam

GREEN TOMATO SALAD RELISH

- | | |
|---|--------------------|
| ½ peck green tomatoes | 4 red peppers |
| 4 green peppers | 8 large onions |
| Soak overnight in salt water. Drain well and add: | |
| 2 T. White Goose flour | 3 C. sugar |
| 2 T. celery seed | 3 C. apple vinegar |
| 2 T. mustard seed | |

Boil together ½ hour. Can and seal.

Mrs. E. S. Wehunt

COMPLIMENTS OF BELK-MATTHEWS CO.

CHERRYVILLE, N. C.

"Home of Better Values"



CHEESE AND EGG DISHES

CHEESE BALLS (Kosher)

- | | |
|---|-------------------------|
| $\frac{1}{2}$ C. Manischewitz Matzo Meal
(flour) | $\frac{1}{8}$ t. pepper |
| 1 C. mild cream cheese (grated) | 1 egg, well beaten |
| | $\frac{1}{2}$ t. salt |

Mix all ingredients well and roll into small balls. Roll balls in Matzo Meal, and just before serving, fry in deep fat until brown. Serve with any fruit salad. (Makes 10 balls).
Mrs. A. Galloway

CORINTHIAN CHEESE BALLS

Roll fresh, well-seasoned Dutch (cottage) cheese into balls one or one-half inch in diameter. Then stud well with dried currants or raisins, and serve with favorite salad.
Mrs. L. Edwin Rudisill

CHEESE FONDUE

- | | |
|--|-----------------------|
| $2\frac{1}{4}$ C. milk | $\frac{1}{2}$ t. salt |
| 2 C. coarse bread crumbs | 4 eggs, separated |
| $1\frac{1}{2}$ C. grated American cheese | dash cayenne |

Scald milk and let cool. Then add crumbs, grated cheese, salt and cayenne. Slowly stir in the beaten egg yolks. Then fold in the egg whites beaten until stiff but not dry. Pour into a greased two-quart casserole. Set in pan of warm water and bake in moderate oven (350° F.) $1\frac{1}{2}$ hours or until fondue is set and is a delicious brown. Serve at once. Serves 6 to 8 persons. To serve 3 or 4 persons use half the recipe.

Mrs. J. Ben Dellinger

CHEESE SOUFFLE No. 1

- | | |
|------------------------|--|
| 3 T. Coble's butter | 1 C. milk |
| 3 T. White Goose flour | $1\frac{1}{3}$ C. grated American cheese |
| $\frac{3}{4}$ t. salt | dash cayenne |
| 4 eggs, separated | |

Melt butter in double boiler, add flour, and stir to a smooth paste. Add seasonings and milk; cool, stirring until sauce is thick and smooth. Add cheese, stir until melted. Beat egg yolks and stir the sauce into them. Cool. Beat egg whites until stiff, but not dry and fold them into this cheese mixture. Pour into a greased $1\frac{1}{2}$ quart casserole and bake in a very slow oven of 315° F. for 1 hour. Serves 4 to 6.

Miss Julia Renfro

CHEESE SOUFFLE No. 2

2 T. Coble's butter
3 T. White Goose flour
 $\frac{1}{2}$ C. scalded milk
 $\frac{1}{2}$ t. salt

$\frac{1}{4}$ C. grated Old English or Young
American cheese
Yolks 3 eggs
Whites 3 eggs

Melt butter, add flour, and when well-mixed, add gradually scalded milk. Then add salt and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture and cut and fold in whites of eggs, beaten until stiff and dry. Pour into a buttered baking dish and bake 20 mins. in a slow oven. Serve at once.

Miss Lavinia Rudisill

CHEESE SOUFFLE No. 3

$\frac{1}{4}$ C. Coble's butter
 $\frac{1}{4}$ C. White Goose flour
 $\frac{1}{2}$ t. salt
1 C. milk

$\frac{1}{2}$ lb. pkg. sharp, spreading cheese
4 well-beaten egg yolks
4 well-beaten egg whites

The start of a perfect souffle is a rich white sauce. Melt butter. Add flour and salt; blend. Add milk; stir until thick and smooth. Add sliced cheese. While cheese melts, beat egg yolks. Gradually stir hot sauce into egg yolks. Return sauce to double boiler top—not over boiling water this time.—to stand by while you beat egg whites.

Beat egg whites until they are stiff but not dry. Fold in the cheese sauce which you have ready and waiting. Use a blending fork or wide spatula. Take your time. Lift up and over in high strokes. Pour the mixture into an ungreased 2-quart casserole. With a spatula trace a circle through the fluffy mixture, one inch from the edge. This makes a crown on the souffle. Bake in a slow oven 300° to 325° F. for 1 hr. 15 mins.

Mrs. Carlyle Summer

CHEESE SOUFFLE No. 4

Have ready a cup of grated cheese. Blend together 4 T. White Goose Flour with 4 T. Coble's Butter in a pan, and cook to the bubbling point. Gradually add 1½ C. milk that has been heated but is not boiling. Cooking until a creamy sauce. Season with $\frac{1}{2}$ t. salt, $\frac{1}{4}$ t. celery salt. Add $\frac{1}{2}$ t. baking powder, and the cup of grated cheese to the mixture. Remove from heat, and stir in 4 beaten egg yolks, 1 T. parsley (minced), 1 T. pimento (chopped), and beat for approximately 2 mins. Let the mixture cool for a few minutes, then fold in the 4 beaten egg whites. Mix thoroughly. Turn into a well-buttered casserole or baking dish, filling it about half full. Bake in a moderate oven about 30 to 40 mins., testing with a knife blade. Treat this cheese souffle as you would a baked custard. Serve immediately, as this souffle will fall if allowed to stand.

Mrs. Roy Carpenter

MEXICAN RAREBIT

1 green pepper (chopped)
2 T. Coble's butter
1 can corn
 $\frac{1}{2}$ lb. sharp cheese (grated)

1 t. minced onion
 $\frac{1}{8}$ t. salt
 $\frac{1}{2}$ C. chopped ripe tomato
2 eggs

Cook onion and pepper in butter until softened. Combine this mixture with the corn, cheese, salt and tomato in top of double boiler until cheese melts. Beat eggs, add to hot mixture, stirring constantly until very hot and thickened. Serve on crisp toast or crackers.

Mrs. L. Edwin Rudisill

WELSH RAREBIT

- | | |
|---------------------|------------------|
| 1 T. Coble's butter | ¼ t. dry mustard |
| ½ lb. soft cheese | ½ C. rich milk |
| ¼ t. salt | 1 egg |

Melt butter, add cheese cut in thin slices, and seasonings. As cheese melts add milk gradually, stirring constantly. Add the slightly beaten egg, mix well. Cook 1 min. Serve very hot on crisp toast or crackers.

Mrs. John P. Wilson

CHEESE AND VEGETABLE CASSEROLE

- | | |
|--------------------------------------|--------------------------------|
| 1½ C. uncooked macaroni or spaghetti | 1 C. tomato soup (undiluted) |
| 1 No. 2 can asparagus | 1 C. grated sharp cheese |
| 4 slices lean bacon | fine bread crumbs |
| dash paprika | Coble's butter |
| | 1 t. minced onion (if desired) |

Cook macaroni or spaghetti in boiling salted water; drain. Place in baking dish. Pour the tomato soup over this and lay the asparagus on top, pour in juice, sprinkle with salt and the minced onion. Distribute grated cheese over top; cover top with crumbs, sprinkle with paprika and dot with butter. Cut bacon in half and lay on top. Bake for 30 to 40 mins. in moderate oven until bacon is brown. Delicious and nourishing. A one dish meal.

Mrs. Milton Gold

CHEESE STRAWS (1)

- | | |
|------------------------|--------------------|
| 1 C. White Goose flour | 1 C. grated cheese |
| 1 t. salt | ¼ C. shortening |
| ½ t. cayenne pepper | 1 t. baking powder |

Sift flour, baking powder, salt and pepper together. Add cheese and rub in the shortening. Mix to a paste with cold water. Roll into a sheet ¼ inch thick. Cut into narrow strips about 6 inches long. Bake to a pale yellow.

Mrs. John Beach

CHEESE STRAWS (2)

- | | |
|----------------------------------|---------|
| 1 recipe rich pie pastry | cayenne |
| 2 C. grated sharp cheddar cheese | |

Add grated cheese to dry ingredients along with cayenne to suit taste. Proceed as for regular pie pastry. Roll out to desired thickness and cut in straw shapes or with small cookie cutter. Bake in moderate oven until light brown.

Mrs. Kenneth Anthony

CHEESE WAFERS

- | | |
|-----------------------------|-------------------------------|
| 2 C. grated American cheese | ¼ t. red pepper |
| ½ C. Coble's butter | ¾ C. finely chopped nut meats |
| 1 C. White Goose flour | 1 t. salt |

Sift flour and add salt, pepper, nuts and cheese. Add to creamed butter. Make into two rolls and place in refrigerator over night. Slice thin and bake in a moderate oven until a light brown.

Mrs. D. R. Mauney, Jr.

COTTAGE CHEESE

Allow skimmed milk to clabber. Over the clabbered milk pour hot water (not quite boiling), using about 1 quart of water to one quart of clabber. Allow it to stand until tepid or lukewarm.

Over a collander or strainer spread a cheese cloth, pour the mixture into this to drip, allowing it to drain until it is quite firm. Place in refrigerator to chill. Sprinkle with salt if desired.

Mrs. M. A. Stroup

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CLEVELAND APPLIANCE CO.

Cherryville, N. C.

GOLDENROD EGGS

6 hard-boiled eggs

2 C. medium cream sauce

salt and pepper to taste

parsley

6 slices buttered toast

paprika

Chop egg whites. Mix with cream sauce; season to taste. Heat in top of double boiler. Pour over toast, pile sieved or crumbled egg yolks over top. Sprinkle with paprika and garnish with parsley.

Mrs. R. J. Allran

PLAIN OMELET

1 T. Coble's butter or bacon
drippings

4 eggs, separated

3 T. water

salt and pepper

dash cayenne

Beat the egg yolks until lemon-colored, add water and seasoning. Beat egg whites until foamy and stiff, and fold into the yolks. Heat regular omelet pan or skillet into which you have placed the butter or drippings. Cook very slowly on top of stove for 5 to 6 mins. Cook in oven under slow broiler 2 to 3 mins. or until omelet is well puffed and slightly browned. Crease omelet and fold; serve at once. For variation before creasing and folding omelet, add ½ C. finely chopped cooked ham or ½ C. grated cheese.

Mrs. L. L. Summer

VEGETABLE-EGG OMELET

1 small clove garlic

2 pcs. celery diced fine

½ green pepper chopped fine

1 medium onion chopped fine

salt and pepper to taste

1 small can green peas

1 small can tomato paste

Fry minced garlic, celery, pepper and onion in bacon fat until light brown. Add the drained green peas and tomato paste diluted with 1 can warm water. Cook for 10 mins. Pour over plain omelet before creasing and folding. Serve at once.

Mrs. Felix Mendel, Jr.

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of

NUWAY SPINNING CO.



COOKIES AND SMALL CAKES

BOSTON COOKIES

- | | |
|---------------------|----------------------------|
| 5 T. Coble's butter | 1 7/8 C. White Goose flour |
| 3/4 C. sugar | 1/4 t. salt |
| 2 eggs | 1/2 t. nutmeg |
| 1/2 t. soda | 1/2 t. cinnamon |
| 3/4 T. hot water | 1 C. raisins |

Cream butter, add sugar gradually, and cream thoroughly. Add beaten eggs. Add soda dissolved in hot water. Sift flour, salt, and spices together and add to first mixture. Add raisins which have been washed and dried. Drop by spoonfuls on buttered sheet. Bake in moderate oven until browned. Mrs. Felix Mendel, Jr.

BROWNIES OR FUDGE CAKE

- | | |
|--|---------------------------------------|
| 1/4 lb. Coble's butter | 1/4 lb. Baker's unsweetened chocolate |
| Melt together and cool, and add 1 heaping cup sugar: | |
| 2 eggs | 1 t. baking powder |
| 1 C. White Goose flour | 1 t. vanilla |
| pinch of salt | 1 C. nut meats |

Mix all together, and bake in shallow pan and cut in squares while warm.

(Favorite recipe of the late Mrs. Clyde R. Hoey).

BROWNIES

- | | |
|---------------------|------------------------|
| 1 C. Coble's butter | 1/2 C. Baker's cocoa |
| 2 C. sugar | 2 C. White Goose flour |
| 1 t. vanilla | 1 C. nut meats |
| 2 eggs, well beaten | |

Cream butter and sugar thoroughly, add vanilla and eggs. Add combined cocoa and flour, beat well. Add nut meats. Bake in buttered baking pan in a moderate oven 350° F. for 20 to 25 mins. Cool, cut in squares or strips before removing from pan.

Mrs. Howard Allran

CHRISTMAS COOKIES

- | | |
|------------------------|--------------------------|
| 1 C. sugar | 1/4 t. salt |
| 1/2 C. Coble's butter | 1 T. milk |
| 1 egg, beaten | 1/2 t. vanilla |
| 2 C. White Goose flour | 1/2 t. lemon extract |
| 2 t. baking powder | Food coloring if desired |

Cream butter, add sugar and cream well. Add beaten egg to the above. Sift dry ingredients together. Add milk and flavoring to egg mixture. Combine mixtures. Turn on a floured board, roll thin and cut. Bake in moderate oven. This is a good recipe to use for fancy shaped cookies, for Christmas designs, other party ideas, etc. Nuts, fruits, spices, or cocoanut may be added to the recipe. The dough may be a bit soft to roll. If so, store in refrigerator to chill. Can be kept in refrigerator for several days. Dough may be colored with food coloring, if desired.

Mrs. Ruth Porter

BUTTERSCOTCH SQUARES

- | | |
|--------------------------------|----------------------------|
| ¼ lb. Coble's butter | 2 t. baking powder |
| 2 C. brown sugar | pinch salt |
| 2 large eggs | 1 t. vanilla |
| 1½ C. White Goose flour | ¾ C. chopped pecans |

Cream butter and sugar, and add other ingredients. Bake in moderate oven in pans 10 x 14 inches, deep enough to allow for rising. When done cut in squares while warm. (1 C. chopped dates may be added to this recipe, if desired).

Mrs. W. B. Rhyne

CARAMEL FUDGE BARS

(Recipe over 100 years old)

- | | |
|-------------------------------|---------------------------------|
| 4 eggs | 1 t. salt |
| 1 lb. brown sugar | 1 t. vanilla |
| 2 C. White Goose flour | 1 to 2 C. chopped pecans |

Beat eggs and add sugar gradually. Beat well. Put this mixture in top of double boiler and steam enough to melt well. Remove from fire. Mix dry ingredients and sift. Add to egg mixture gradually until well blended, adding vanilla and nuts last. Pour into greased floured baking pan (about 8x12), so batter will be about ½ inch thick. Cook in slow oven 250° to 275° F. for about 40 to 50 mins. or until done. Cut in squares while warm and take up immediately. Place in tin box. Makes about 30 bars.

Mrs. Monroe Randall

COCOANUT MACAROONS

- | | |
|--------------------|-------------------------------|
| 1 egg white | ½ t. vanilla |
| ½ C. sugar | ½ C. shredded cocoanut |
| ¼ t. salt | 1 C. corn flakes |

Beat the egg white until stiff; add sugar gradually and beat in. Add salt, vanilla, and cocoanut. Drop by teaspoons on greased baking sheet. Bake 20 mins. in slow oven, about 300° F. Makes 1½ doz. These keep well in a tin box.

Mrs. J. Ben Dellinger

CRUNCHY CONGO SQUARES

- | | |
|--------------------------------|--|
| 2¾ C. White Goose flour | 3 eggs |
| 2½ t. baking powder | 1 C. broken nut meats |
| ½ t. salt | 1 pkg. Semi-sweet chocolate morsels |
| 2/3 C. shortening | 1 t. vanilla |
| 2¼ C. brown sugar | |

Mix and sift flour, baking powder, and salt. Melt shortening and add brown sugar. Stir until well mixed. Allow to cool slightly. Add eggs one at a time, beating well after each addition. Add dry ingredients, then nut meats, chocolate and vanilla. Pour into greased pan about 10½ x 15½ x ¾" and bake at 350° F. for 25 to 30 mins. Yield about 4 doz. squares. When almost cool, cut into squares approximately 2" x 2".

Mrs. T. D. Gurley

CRUMBLE COOKIES

- | | |
|---------------------------------------|--------------------------|
| 1½ C. sifted White Goose flour | Topping: |
| ½ C. brown sugar | 2 egg whites |
| 4 T. shortening | 1 C. brown sugar |
| ½ t. salt | 1 C. chopped nuts |
| 2 egg yolks | 1 t. vanilla |

Combine dry ingredients and mix in shortening, then egg yolks. Mix until crumbly. Pack into pan 7 x 11. Beat egg whites, add sugar slowly, and blend thoroughly. Then add nuts. Spread on top of crumb mixture. Bake in a slow oven 325° F. for 20 mins. Cut in rectangle shape 1x2 inches.

Mrs. D. R. Mauney, Sr.

DATE COOKIES

Cook together for about 5 mins.:

$\frac{1}{2}$ lb. dates, cut fine	$\frac{1}{4}$ C. sugar
$\frac{1}{2}$ t. lemon juice	$\frac{1}{2}$ C. water

Remove from heat and add $\frac{1}{4}$ C. chopped nuts (black walnuts preferred). Allow mixture to cool before spreading on rolled cookie dough.

Cookie Dough:	2 C. White Goose flour
$\frac{1}{2}$ C. Coble's butter	$\frac{1}{2}$ t. soda
$\frac{1}{2}$ C. brown sugar	$\frac{1}{4}$ t. salt
$\frac{1}{2}$ C. granulated sugar	1 egg

Cream butter and sugar together, add egg. Add flour sifted with soda and salt. Mix well. Roll out, spread with date mixture. Roll up and chill overnight. Slice and bake on cookie sheet.

Mrs. D. P. McClurd

DATE STICKS

3 eggs	1 t. vanilla
$\frac{3}{4}$ C. sugar	1 C. dates, chopped
5 T. White Goose flour	1 C. nuts, chopped
1 t. baking powder	

Beat whites of eggs stiff, fold in sugar, then yokes (well beaten), the flour sifted with the baking powder. Add vanilla. Add dates and nuts last. Cook cake about 30 to 40 mins. in slow oven. Cut in squares and top with whipped cream.

Mrs. Heman Hall

EDENTON TEA PARTY CAKES

On October 25, 1774, a group of influential ladies met at the home of Penelope Barker in Edenton, N. C., which was then the capitol of the state, and expressed their disapproval of the English tax on tea by pledging themselves to abstain from the use of this beverage. The recipe for the little cakes which Penelope Barker served at this historic "tea party" is as follows:

1 quart flour	3 eggs
$\frac{3}{4}$ C. butter and lard mixed	1 rounded teaspoon soda
2 large cups brown sugar	

Beat the eggs together well, adding sugar, and then soda, which has been dissolved in 1 tablespoon of warm water. Flavor with vanilla. Last, add quickly the flour into which butter and lard have been well worked. Roll out as soft as possible and cut into cakes. Bake in a hot oven. (This recipe was contributed by Mrs. M. A. Stroup).

DROP COOKIES

1 C. Coble's butter	1 C. uncooked rolled oats
$1\frac{1}{2}$ C. brown sugar	1 lb. dates, chopped
2 eggs	1 t. soda
$\frac{1}{2}$ C. shredded cocoanut	2 C. White Goose flour
$\frac{1}{2}$ C. chopped walnuts	using $\frac{1}{2}$ C. to flour dates
1 t. vanilla	

Mix all ingredients together. Drop on baking sheet from a teaspoon. Bake 12 mins. in a 350° F. oven. Keep cookies in airtight jar. This makes 60 cookies.

Mrs. Carrie Howell Moser

FROZEN COOKIES

¼ lb. Coble's butter
1 pkg. cream cheese
1 C. White Goose flour

1 C. chopped pecans
1 glass apple, grape, damson jelly
cinnamon

Cream butter and cheese; blend in flour. Mix thoroughly. Chill in refrigerator at least 2 hours or more. Turn onto floured surface. Roll out thin. Spread with jelly, sprinkle with cinnamon and nuts. Roll up like jelly roll. Keep in refrigerator overnight or at least 12 hours. Slice thin; place on greased and floured baking sheet, and bake. Cool before removing from pan. These are unusually good.

Mrs. D. Troy Carpenter

DOUGHNUTS

1 pkg. yeast
½ C. lukewarm water
2/3 C. shortening
½ C. sugar
1 t. salt

1 C. mashed potatoes
1 C. scalded milk
2 eggs
6 to 8 C. White Goose flour

Mash potatoes, add shortening, sugar, salt, and eggs. Cream well. Dissolve yeast in luke warm water. Add to lukewarm milk. Then add to the potato mixture. Add sifted flour to make a stiff dough. Toss on floured board and knead well. Grease a bowl, put dough in and place in the refrigerator over night. Let rise until double in bulk (around 2 hours). Cut with doughnut cutter and let rise. Fry in deep fat. Drain. Glazing: Powdered sugar, water and vanilla, thick enough to stick to doughnuts. Dip doughnuts in glaze as they come out of the pan.

Mrs. Harold McGinnis

GINGER SNAPS

1/3 C. molasses
3 T. Coble's butter
1 C. White Goose flour

1/6 t. soda
1 t. ginger
½ t. salt

Heat molasses to boiling point and pour over butter. Add dry ingredients, mixed and sifted. Add 1 to 2 tablespoons flour if necessary to make dough easier to handle. Chill several hours or overnight. Roll out very thin, cut, and bake in moderate oven (350° F.) for about 10 mins.

Mrs. M. A. Stroup

GINGERBREAD

½ C. boiling water
½ C. shortening
½ C. sugar
½ C. molasses
½ t. soda
½ t. ginger

1 beaten egg
1½ C. White Goose flour
½ t. salt
½ t. baking powder
1 t. cinnamon

Pour water over shortening; add sugar, molasses and egg, beat well. Add sifted dry ingredients, beat until quite smooth. Pour into a paper-lined 8-inch square pan, and bake at 350° F. for 35 mins. Serve with whipped cream or lemon sauce.

Mrs. John Chapman

Compliments of

DR. CHARLES G. METCALF

OPTOMETRIST

ICE BOX GINGERBREAD (1)

- | | |
|--------------------------------|---------------------------|
| 1 C. Coble's butter | 1 t. ginger |
| 1 C. black molasses | 1 heaping t. soda |
| 1 C. sweet milk | 1 t. cinnamon |
| 1 C. white sugar | 3 eggs, beaten separately |
| 3 scant cups White Goose flour | |

Put butter, sugar, molasses, and egg yolks, milk, spices, and soda together, and stir well. Add well beaten whites and last the flour, very slowly. If the batter seems a little stiff, add a spoon or two of warm water. Bake in muffin pans and serve hot.

The joy of this is it will keep several days or a week, if put in a jar in the refrigerator.

Mrs. John Beach

ICE BOX GINGERBREAD (2)

- | | |
|------------------------|---------------|
| 1 C. Coble's butter | 2 t. ginger |
| 1 C. sugar | 1 t. cinnamon |
| 1 C. molasses | ½ C. nuts |
| 4 C. White Goose flour | ½ C. raisins |
| 4 eggs | ½ t. nutmeg |
| 1 C. buttermilk | ½ t. allspice |
| 2 t. soda | |

Cream butter and sugar together, add eggs. Sift all dry ingredients together, add to mixture alternately with the buttermilk in which the soda has been dissolved. Add raisins and nuts. (This can be baked immediately or stored in the refrigerator and baked later).

Mrs. Howard Allran

SUGGESTIONS FOR QUICK GINGERBREAD

"If you are having to use packaged gingerbread mix and practically everyone is, you will find by adding a little of this and that to the original mixture that it is greatly improved. For instance, instead of using all water or milk as the directions indicate for mixing the batter, if you use half molasses and half water, the cake is much richer. Then, too adding a small amount of every kind of spice that you usually put in your homemade gingerbread will work wonders. For a gingerbread that really moves in the top circles, serve it with a raisin sauce, or maybe you'd like to tuck a few raisins in the cake."

Mrs. Glenn Leonard

From the Governor's Mansion at Raleigh, N. C.

"Favorite Recipe of Governor and Mrs. W. Kerr Scott"

HAWFIELDS CUP CAKE

- | | |
|---------------------|------------------------|
| Mix in order given: | 2 C. White Goose flour |
| 1 C. sugar | 1 t. soda |
| ¼ C. Coble's butter | 1 C. nuts |
| 2 eggs | 1½ C. raisins |
| ¾ C. buttermilk | |

Fill cup not over ½ full.

Rind and juice of 1 orange and 1 lemon, ½ C. granulated sugar. Mix and put tablespoon on each cake after cooking. Keeping quality excellent.

ALLRAN'S FLOWER SHOP

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Phone 4091

HONEY DROP COOKIES

- | | |
|----------------------------|------------------------------|
| 1/3 C. shortening | 1/2 t. soda |
| 1/2 C. honey | 1/2 C. chopped nuts |
| 2 eggs, well beaten | 1/2 C. chopped dates |
| 1/2 C. sour cream | 1/2 t. nutmeg |
| 1 3/4 C. White Goose flour | 1 t. vanilla |
| 1 t. baking powder | 1 C. oven-popped rice cereal |
| 1/4 t. salt | |

Blend shortening and honey. Add eggs and cream. Sift flour with baking powder, salt, and soda; add to first mixture. Stir in nuts, dates, flavoring and oven-popped rice cereal. Drop by teaspoon onto lightly greased baking sheet. Bake in moderate oven (375° F.) about 20 mins. This makes 2 doz. cookies. Mrs. Victor Stroup

ICE BOX COOKIES (1)

- | | |
|--------------------------------|----------------------------|
| 1 C. white sugar | 2 eggs |
| 1 C. brown sugar | 3 1/2 C. White Goose flour |
| 1 C. shortening | 1 t. soda |
| 1/2 t. salt | 1 C. nut meats |
| 1 level dessert spoon cinnamon | |

Cream sugar and shortening, add beaten eggs, then add sifted flour, salt, cinnamon, and soda. Add nuts last. Mix well and shape into two rolls. Place in refrigerator overnight. To bake: slice thin, place on greased cookie sheet and bake in fairly hot oven. Mrs. W. G. Cobb

ICE BOX COOKIES (2)

- | | |
|------------------|------------------------|
| 1 C. butter | 2 T. cream |
| 1 C. white sugar | 4 C. White Goose flour |
| 1 C. brown sugar | 1/2 t. soda |
| 2 eggs | 2 t. baking powder |
| 1 t. vanilla | 1/2 t. salt |

Mix ingredients together in usual way. Shape into two rolls. Keep in refrigerator overnight. Slice thin and bake in moderate oven.

Mrs. Carrie Howell Moser

ICE BOX COOKIES (3)

- | | |
|----------------------|-------------------------------|
| 2 C. brown sugar | 1 t. soda |
| 1 C. Coble's butter | 4 C. White Goose flour |
| 2 eggs | 1 C. black walnuts or pecans, |
| 1 t. vanilla | chopped |
| 1 t. cream of tartar | |

Mix ingredients together. Shape in rolls, and store in refrigerator overnight or at least 12 hours. Slice thin, place on greased baking sheet, and bake in moderate oven 12 to 15 mins. Miss Altonia Beam

Compliments
of

J. E. HERNDON

Kings Mountain, N. C.

MORAVIAN CHRISTMAS COOKIES

1 pt. molasses
1 C. brown sugar (not packed)
1 scant cup Coble's butter and
shortening mixed
 $\frac{1}{2}$ T. cloves
2 T. cinnamon
dash of salt

$1\frac{3}{4}$ lb. White Goose flour or enough
to make not too stiff dough
 $\frac{3}{4}$ T. ginger
1 t. nutmeg
Grated rind of 1 fresh orange
1 level T. soda dissolved in $1\frac{1}{2}$ T.
sweet milk

Combine butter and molasses, add sugar, spices, salt, soda, and then add flour gradually, mixing well after each addition. Add grated orange rind. Let stand in a cold place a week or two. Place small amount of dough on slightly floured board and roll paper-thin. Cut with floured cookie cutters in fancy shapes. Bake on a greased baking sheet in moderate oven (350° F.) for 6 mins. These cookies keep indefinitely in closed tins.

Mrs. Blaine C. Childers

NUTTY FINGERS

$1\frac{1}{2}$ sticks Coble's butter
4 T. powdered sugar
1 t. vanilla

1 T. ice water (more if needed)
1 C. chopped nuts

Cream the above ingredients and add 2 C. sifted White Goose Flour, mixing with hands. Add vanilla. Roll into small fingers with hands and bake on a buttered cookie sheet in oven (250° F.) for 20 mins. or until light brown. Roll in powdered sugar. Will keep in a tin box for days.

Mrs. D. R. Mauney, Jr., Mrs. Carrie Howell Moser

NUT STICKS OR NUTTY FINGERS

$\frac{1}{4}$ lb. Coble's butter
4 T. powdered sugar
2 C. White Goose flour

1 C. chopped nuts
vanilla flavoring to taste
pinch salt

Leave butter off ice until fairly soft. Cream butter and sugar, add flour and nuts. Mix until all is dough. This will be very stiff. When all is well mixed, roll into sticks about the size of little finger and bake in slow oven for 45 mins. to 1 hour. Remove from oven and roll in powdered sugar while hot. This recipe can be doubled or tripled, if desired, with the same good results.

Mrs. R. H. Carroll

OATMEAL COOKIES

$1\frac{1}{4}$ C. brown sugar
 $1\frac{1}{4}$ C. shortening
2 eggs
1 C. cocoanut

$\frac{1}{2}$ t. soda
 $\frac{1}{2}$ t. salt
 $\frac{1}{2}$ C. White Goose flour
2 C. oatmeal

Mix well, if mixture is too dry, add a spoonful or more of milk. Drop from spoon on baking sheet, and bake until golden brown. Leave on baking sheet until cold.

Mrs. C. T. Skidmore

COMPLIMENTS OF
HEAFNER BROTHERS
CHERRYVILLE, N. C.

PARTY CAKES

2¼ C. Swans Down Cake flour
3 t. baking powder
½ t. salt
½ C. shortening

1 C. sugar
¾ C. milk
3 egg whites
1 t. flavoring

Sift flour once, measure, add baking powder, and salt, and sift together twice. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add flavoring. Beat egg whites stiff and fold into mixture. May be baked in paper baking cups in muffin tins, in muffin tins without the paper cups, or in a regular square tin and cut in squares. Ice with favorite frosting tinted pastel shades.

Mrs. M. A. Stroup

MAMMY'S PECAN SQUARES

"Favorite recipe of Miss Shirley Temple"

Beat 2 eggs lightly and add ½ cup of cream. Sift ½ C. flour, ½ C. cocoa, 1 C. sugar and 3 teaspoons baking powder. Add dry mixture to liquid mixture gradually and beat well during addition. Add ½ C. nut meats. Bake for 10 minutes in moderate oven. Sprinkle with powdered sugar and cinnamon (if desired), cut in squares.

PINWHEEL COOKIES

1 C. nuts
2¼ C. raisins
1 C. sugar
1 C. water
1 C. shortening

2 C. brown sugar
3 eggs, well beaten
4 C. White Goose flour
½ t. salt
½ t. soda

Grind nuts and raisins together in food chopper. Add water and cook until thick. Cool. Cream shortening, add sugar and cream well. Sift flour, salt, and soda together, and add to mixture. Mix thoroughly until dough is smooth. Roll out. Spread on raisin-nut mixture. Roll up and place in refrigerator. Chill overnight. Slice and bake.

Mrs. Howard Allran

PINWHEELS AND COFFEE RING

Lightly roll biscuit dough, made from "Biscuits Supreme" recipe in this book, into an oblong ½ inch thick. Brush with melted Coble's Butter and sprinkle with mixture of ¼ C. sugar and 2 t. cinnamon. Scatter with plump, seedless raisins. Roll up lengthwise. Cut in 1 inch slices, using a sharp knife. Place in greased muffin pans with a California walnut half in each. Bake in hot oven (450° F.) 12 to 15 mins. Or curl that luscious, long roll into a ring on a greased cookie sheet. Moisten ends of ring with milk so they'll stick together. Snip almost to center every two inches around the ring, using kitchen scissors. Pull sections apart with a slight twist to form a merry-go-round of pin wheels. Now bake in moderately hot oven (375° F.) for 25 to 30 mins.

Mrs. Carlyle Summer

Compliments of

DR. W. L. ARMSTRONG

PITA SA YABUKAMA

2 C. White Goose flour	4 apples (grated)
1 t. baking powder	2½ T. sugar
½ C. water	¼ t. cinnamon
½ C. melted shortening	½ C. powdered sugar
1 lemon rind (grated)	

Sift flour and baking powder. Add water and mix well. Form into 6 balls. Roll out each ball until paper-thin. Brush 2 circles with shortening, place another circle on top of each. Brush again with shortening, placing another circle on top of each. Roll out each 3-layer circle as one. Brush with shortening. Mix lemon rind, apples, sugar and cinnamon together. Spread filling mixture over the 2 dough circles and roll each as for jelly roll. Brush tops with shortening. Bake. Remove from oven and cut into pieces at 45 degree angle, 2 in. wide. Sprinkle with powdered sugar. Oven 400° F., time 20 mins.

(From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley).

SAND BALLS

½ lb. Coble's butter	2½ C. White Goose flour
¼ C. sugar	1 C. chopped nuts

Cream butter and sugar, gradually adding flour. Add nuts last. Shape into small balls, about the size of medium sized nuts. Cook slowly. Roll in granulated sugar while still hot.

Mrs. W. F. Starnes

SAND TARTS

10 oz. Coble's butter	3 egg yolks
1 lb. White Goose flour	Nuts, chopped fine
1 lb. brown sugar	

Cream butter and sugar. Add the egg yolks and then the flour, a little at a time. Spread the mixture smoothly and very thinly in an ungreased biscuit pan. Brush with the unbeaten egg whites and sprinkle with the nuts. Bake in moderate oven about 30 mins. Cut in squares before it gets cold.

Mrs. J. W. Kendrick

SCOTCH KISSES

1 1/3 sticks Coble's butter	2 unbeaten eggs
2 C. brown sugar	1 C. White Goose flour
Melt butter and pour over sugar,	2 t. vanilla
and cream.	1 C. chopped nuts

Mix together and pour in 8" x 9" well buttered and floured pan. Bake in moderate oven 40 to 45 mins. Turn out while hot. Cut in squares; dust with powdered sugar.

Mrs. Lee R. Spencer

CHRISTMAS SNOWBALLS

1 sheet angel cake 1½ inches thick	1 t. vanilla
1 box powdered sugar	Grated cocoanut
1 C. cream	

With biscuit cutter cut cake into small biscuits. Dunk with fork in powdered sugar icing made with sugar, cream, and flavoring. Then roll in finely grated cocoanut. Store in refrigerator, covered. Decorate with cherry or sprig of holly when served.

Mrs. C. A. Rudisill

SPRITZ COOKIES

1 C. shortening	¼ t. salt
¾ C. sugar	½ t. baking powder
1 egg	1 t. lemon extract
2¼ C. White Goose flour	

Cream shortening. Gradually add sugar, and cream well. Beat in the egg and extract. Gradually add the flour, sifted with the salt and baking powder. Put through cookie press onto ungreased cookie sheet. Bake at 400° F. for 10 to 12 mins. Makes about 6 doz. cookies. (This dough may be tinted very easily).

Mrs. L. Edwin Rudisill

STICKIES

(This is an old-old Southern recipe)

2¼ C. White Goose flour	1 C. brown sugar
2/3 C. shortening	3 T. Coble's butter
1 t. salt	2 t. nutmeg
5 T. ice water	1½ t. cinnamon

Sift the flour and salt together, blend in the shortening using a pastry blender or knives. Mix lightly with ice water. Roll out very thin enough of the dough to cover the bottom of the baking pan. Line the wall greased pan with this.

Cream the butter and sugar together, add the spices. Keep working with this mixture until it is of the consistency to spread easily. Roll out the remaining dough very thin. Spread with the butter-sugar mixture. Roll up as for jelly roll; cut off ½ inch slices and arrange on end in pastry covered pan. Place the stickies close together. Bake in a slow oven for 15 mins., then increase heat to moderate and bake another 15 mins. or until stickies are brown on top.

Mrs. M. A. Stroup

TEA TIME DAINTIES.

1 C. White Goose flour	½ C. Coble's butter
------------------------	---------------------

Mix together thoroughly and spread about ⅛ inch thick in bottom of pan. Bake until light brown.

½ C. cocoanut	½ t. baking powder
½ C. chopped nuts	½ t. salt
2 T. White Goose flour	1 t. vanilla
1½ C. brown sugar	2 beaten eggs

Mix all ingredients together thoroughly, and spread this over baked crust. Bake in a moderate oven 15 to 20 mins. or until done (not hard). Cut in squares or finger strips.

Mrs. Monroe Randall

TIMBALES

1 C. White Goose flour	2 eggs
¼ t. salt	1 C. milk
1 t. sugar	Deep fat for frying

Sift flour with salt and sugar. Beat eggs, add milk, and beat. Fold in the sifted dry ingredients, and beat with rotary beater until smooth. Heat fat to 365° F. To make each rosette, place rosette iron in hot fat. (It will take about 2 mins. to heat cold iron in hot fat to make the first rosette. For remaining rosettes, dip the iron into the hot fat each time before dipping into batter, being careful that the batter just reaches the top of the iron). Fry until delicately brown. Slip from iron onto absorbent paper to drain.

Mrs. J. Ben Dellinger

VANILLA TREATS

1 C. sugar

1¼ C. Coble's butter

2 eggs

1½ t. vanilla

3¼ C. White Goose flour

Cream butter and sugar, add eggs and beat thoroughly. Add flour gradually to make a soft dough. Put through cookie press, and bake in hot oven (400° F.) 8 to 10 mins. Makes about 200 small cookies. (This recipe is nice tinted pale shades).

Mrs. L. Edwin Rudisill

CRISP WHITE COOKIES

1 egg, well beaten

1 C. sugar

½ C. shortening, softened

2¼ C. White Goose flour

½ t. salt

½ t. soda

3 t. baking powder

¼ C. milk

1 t. vanilla

Combine egg, sugar, and shortening. Beat well. Add sifted dry ingredients and liquids (milk and vanilla mixed together thoroughly). Mix thoroughly. Chill dough about 45 mins. before rolling. Roll about 3/10 inch thick. Cut. Place on ungreased cookie sheet and bake.

Mrs. M. A. Stroup

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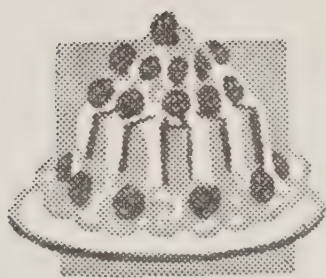
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REFRIGERATOR AND FROZEN DESSERTS

BAKED ALASKA

- | | |
|-----------------------------------|-----------------------------|
| 1 round sponge cake layer | 5 egg whites (beaten stiff) |
| 1 qt. very hard vanilla ice cream | $\frac{1}{4}$ C. sugar |
| $\frac{1}{4}$ t. almond extract | |

Place cake on heavy brown paper on a bread board. Put ice cream on cake, allowing the latter to extend about $\frac{1}{2}$ inch beyond the cream all around. Cover cake and ice cream completely with egg whites, to which sugar and flavoring have been added. Bake at 450° F. for 2 or 3 mins., until meringue is lightly browned. Slip cake off paper with a large spatula onto a serving dish. Serve immediately. Four to 6 portions.

Mrs. Ben R. Rudisill

AMBROSIA (Food of the Gods)

- | | |
|--|----------------|
| 1 large cocoanut, grated | sugar to taste |
| 8 large juicy oranges, sections cut
in 3 pieces | |

Combine oranges and cocoanut; sweeten to taste. Chill thoroughly before serving. May be topped with slightly sweetened whipped cream. (This is an Eastern North Carolina winter favorite).

Mrs. T. D. Gurley

FROZEN ANGEL FOOD

- | | |
|------------------------|--|
| 1 C. sugar | 1 t. vanilla |
| $\frac{1}{2}$ C. water | $\frac{1}{4}$ C. Maraschino cherries cut in pieces |
| 4 egg whites | $\frac{1}{4}$ C. chopped pecans |
| 1 C. whipping cream | |

Boil sugar and water together to firm ball stage. Beat egg whites stiff. Pour syrup over them slowly and beat until mixture is almost cold. Beat cream until stiff, and fold in the mixture. Add cherries and nuts. Freeze in refrigerator tray.

Mrs. L. L. Summer

BANANA MOUSSE

- | | |
|------------------------|---------------------|
| 1 well beaten egg | 1 t. vanilla |
| 3 T. sugar | 1 C. banana pulp |
| 1 T. White Goose flour | 1 C. cream, whipped |
| 1 C. milk | dash of salt |

Mix egg, sugar, flour, and milk together. Stir until smooth. Cook over hot water until thick. Cool. Add salt, vanilla, banana pulp, and whipped cream. Blend well. Freeze in refrigerator (or pack in salt and ice) until set. Garnish with nuts and sliced banana. Serves 6.

(Courtesy, United Fruit Co.)

BANANA ICE CREAM

1 C. mashed ripe bananas
2 t. lemon juice
¼ C. sugar
¼ t. salt
1/3 C. milk

2 egg whites
1 C. whipping cream
2 egg yolks
1 t. vanilla

Mix together bananas and lemon juice. Add sugar, salt, and milk, stirring until mixed. Beat egg whites until stiff. Whip cream until thick and shiny but not stiff. Beat egg yolks until thick. Combine banana mixture, egg whites, egg yolks, cream, and vanilla. Turn into freezing trays of refrigerator. Freeze, with indicator at coldest setting, stirring every 30 mins. until mixture begins to hold its shape. Freeze until firm. 8 servings.

(Courtesy, United Fruit Co.)

BANANA-CARAMEL ICE CREAM

Use above recipe, substituting ¼ C. firmly packed brown sugar for the granulated sugar.

COPELAND SHERBET

1 orange
1 banana
1 C. sugar
¼ C. boiling water
1 t. gelatine

2 T. cold water
1 lemon
1 C. water
1 egg white

Soak gelatine in cold water; dissolve in boiling water. Prepare fruit juices; mash banana; combine these with water, sugar and gelatine. Fold in stiffly beaten egg white after first stirring (which is done when sherbet begins to get mushy). Freeze.

Mrs. L. L. Summer

From the Governor's Mansion at Columbia, S. C.

FROZEN FRUIT CHARLOTTE

(Favorite recipe of Mrs. J. Strom Thurmond)

2½ C. milk
3 T. gelatine
3 eggs

½ C. sugar
1 C. cream
2 C. mixed fruit

Mix milk with egg yolks and sugar, beat, stir in gelatine which has been soaking in cold water for 5 mins., and dissolved in the scalded milk. Cool. Stir in beaten egg whites, whipped cream, and the mixed fruit. Put in freezer. Freeze until firm. Serve with whipped cream on top. Serves 12 people.

CARAMEL-PECAN ICE CREAM

2 pkgs. (32) marshmallows
2 C. milk
3 T. caramel syrup

½ pt. whipping cream, whipped
½ C. pecans, chopped

To make caramel syrup: Put ½ C. granulated sugar in skillet. Melt over low burner, stirring constantly, until syrup turns a golden color.

Place marshmallows and 2 T. milk in saucepan and heat slowly, folding over and over until marshmallows are about melted. Remove from heat and continue folding process until marshmallows are smooth and fluffy. Cool. Add remaining milk and caramel syrup; and blend thoroughly. Fold in whipped cream. Pour into freezing tray; turn cold control to coldest point and freeze, stirring twice during freezing process. Fold in nuts while stirring second time. Serve in sherbet glasses and top with whole or chopped pecans. Serves 6. Delicious!

Mrs. T. D. Gurley

DATE-NUT REFRIGERATOR LOAF

- | | |
|------------------------|-------------------------------------|
| 1 lb. marshmallows | 3 C. nuts (pecans) |
| 1 C. evaporated milk | 1 lb. crushed graham crackers (save |
| 1 lb. dates (seedless) | out 1 C. of crumbs) |
| 1 t. vanilla | |

Melt marshmallows in milk. Add dates, vanilla, nuts and graham crackers. Mix well. Roll in the one cup of graham crumbs and shape into a loaf. Wrap in waxed paper and store in refrigerator. Leave until firm enough to slice.

Mrs. J. D. Watts

DATE OR RAISIN ROLL

- | | |
|---|--------------------------------|
| 1 box graham crackers | 1 C. chopped nuts |
| 1 box dates or raisins | 1 C. grated cocoanut |
| 1 jar marshmallow cream or 24
marshmallows | 1 C. favorite jam or preserves |

Roll graham crackers until fine. Use $\frac{1}{2}$ crumbs to mix dates or raisins, marshmallows, nuts, cocoanut, and milk. Place on board and use the other cracker crumbs to roll the paste with. Cut in desired length rolls. Store in refrigerator until firm enough to slice.

Miss Alma Dare Moss

FRENCH DESSERT

- | | |
|--|--|
| $\frac{1}{2}$ lb. vanilla wafers | 1 C. powdered sugar |
| $\frac{1}{2}$ C. soft butter (melt butter and
let cool) | $\frac{3}{4}$ C. black walnuts or pecans |
| 2 eggs | 1 C. whipping cream |
| | 1 C. crushed pineapple |

Roll wafers into fine crumbs. Put one half of crumbs in bottom of pan. Cream together butter and sugar and 2 eggs. Whip stiff. Spread over first layer of crumbs in pan. Then whip cream and combine with chopped nuts and pineapple. Spread this mixture over the other. Top with remaining crumbs. Let stand 24 hours in re-

Mrs. Blaine C. Childers

ICE BOX FRUIT CAKE

- | | |
|--|------------------------------------|
| 1 lb. box graham crackers | 1 C. nuts |
| 2 small bottles or 1 pt. bottle
Maraschino cherries | 1 lb. pkg. marshmallows |
| | $\frac{1}{2}$ lb. seedless raisins |

Crumble crackers fine (using rolling pin or your hands). Cut each cherry into 4 pieces. Cut marshmallows into 4 pieces (using scissors dipped frequently in ice water to keep marshmallows from sticking). Chop nuts; leave raisins whole.

Use juice from cherries to moisten cracker crumbs. Add nuts, marshmallows, cherries, and raisins. Mix well, using hands. The cherry juice should be sufficient liquid but you can add a small amount of orange juice, if necessary. Pack very firmly into any shaped cake pan you desire. Place a few whole cherries on top, and a few nut halves. Cover with wax paper and place in refrigerator. Chill a day or more pressing firmly several times to help pack.

Mrs. Fred Day

FRUIT JUICE MARLOW

- | | |
|---|---------------------|
| 1 C. orange juice or any preferred
juice | 36 marshmallows |
| | 1 C. whipping cream |

Heat juice hot enough to dissolve marshmallows, pulled into pieces. Cool mixture. Whip cream stiff and gradually add cooled mixture to whipped cream. Place in refrigerator until cold, about 2 hours.

Mrs. W. F. Starnes

FROZEN GRAHAM CRACKER FRUIT CAKE

"Favorite recipe of Miss Claudette Colbert"

Cut fine 1 cup marshmallows with wet knife. Soak marshmallows in 1 cup of whipping cream. Soak $\frac{1}{2}$ cup currants in hot water and drain them. Chop 1 cup walnut meats, 1 cup dates, 2 tablespoons candied orange peel, and 2 tablespoons candied cherries. Chop all these ingredients separately. Shred $\frac{1}{2}$ cup citron very fine. Crumble $\frac{1}{2}$ pound graham crackers and mix with $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon cloves, $\frac{1}{4}$ teaspoon nutmeg, 1 teaspoon cinnamon. Add walnuts and fruit to dry mixture and mix well. Add the soaked marshmallows and cream so that all crumbs are moistened. Line a mould with waxed paper and pack cake firmly into mould, trim with candied cherries and walnuts. Place in refrigerator and let remain for 12 hours. Slice thin and serve with whipped cream.

FRUIT JUICE ICE

2 t. Knox Sparkling gelatine	Juice of 1 lemon
3 T. cold water	Rind of 1 lemon
2 C. boiling water	Salt
1 C. sugar	
1½ C. crushed pineapple	
(leave juice in it)	

Soak gelatine in cold water about 5 mins. Make a syrup of boiling water and sugar, boiling it with the grated rind for 5 mins. Add soaked gelatine. Cool, add fruit juice, and pour into freezing tray. When mixture is partly frozen, remove from tray and beat with an egg beater. Return to freezing tray. In another two hours beat the second time and return to tray in which the grid or partitions are placed, and freeze. (When partially frozen, two stiffly beaten egg whites may be added, if desired). Unmold and serve in the cubes.

Mrs. L. L. Summer

GRAPE NUT WHIP

2 well beaten eggs	1 C. cubed pineapple (drained)
½ C. sugar	1 C. sliced red Tokay grapes
2 T. lemon juice	2 C. diced marshmallows
1 C. heavy cream (whipped)	½ C. chopped nuts

Combine eggs, sugar, and lemon juice in top of double boiler. Cook over hot water until slightly thickened. Remove from heat. Cool. Fold in remaining ingredients. Chill 5 to 6 hours or overnight in refrigerator. Serve in sherbets. Top each with a cut maraschino cherry. Serves 8 (This can also be served as a salad on crisp lettuce).

Mrs. James L. Putnam, Jr.

HEAVENLY FROZEN CHOCOLATE

¾ C. toasted almonds	1 large angel food cake
6 T. Baker's cocoa	1½ pt. heavy cream
dash of salt	6 T. sugar

Whip cream. Add cocoa, sugar, and salt (sifted) together. Mix well. Chill 1 hour. Whip combination until stiff. Place on serving plate, larger surface of the cake down. Slice a layer 1 inch thick from the top of the cake. Remove inner section from cake, leaving one inch of cake around outer edge and one inch around center hole. In removing this inner section be careful to leave inch layer of cake at the bottom.

Fill cavity with one-third of chocolate cream mixture, to which half the almonds, cut coarsely, have been added. Replace top and spread remaining cream mixture over top and sides. Shred remaining almonds and sprinkle over cream. Chill before serving. This is out of this world!

Mrs. R. J. Allran

HEAVENLY HASH

½ pt. heavy cream
1 C. chopped marshmallows
1 C. chopped nuts (almonds preferred)
1 small bottle Maraschino cherries, chopped fine

3 bananas, fluted and sliced, sprinkled with ¼ t. lemon juice
½ C. chopped sliced pineapple
1 t. cherry juice
1 t. vanilla

Whip cream stiff, add the marshmallows, nuts, bananas, cherry juice, and flavoring. Mix lightly but well. Last add the cherries. Chill in refrigerator several hours before serving. May be topped with slightly sweetened whipped cream and a whole maraschino cherry.

Mrs. Lela Howell Carpenter

LEMON BISQUE

2 C. crushed vanilla wafers
1 pkg. lemon jello
1 lg. can evaporated milk
Juice of 3 lemons, grated rind of 1

3 T. sugar
½ C. honey or corn syrup
1¼ C. hot water
pinch of salt

Boil can of milk 5 minutes. Cool. Chill. Evaporated milk can be whipped without boiling, provided the can is chilled to almost icy consistency and the bowl it is whipped in is also ice cold.

Dissolve Jello in hot water and let start to congeal. Whip milk stiff, add lemon juice, grated rind, sugar, and honey or syrup, and salt. Pour into Jello and continue to whip. Cover bottom of baking dish with vanilla wafer crumbs. Pour in mixture. Sprinkle some wafer crumbs on top. Set in refrigerator and thoroughly chill. Serves 12 to 15.

Mrs. M. C. Beam

LEMON ICE CREAM

1 envelope plain gelatine
1 C. cold milk
1 C. hot milk
1 T. grated lemon rind

¾ C. sugar
1/3 C. lemon juice
2 C. thin cream

Soften gelatine in cold milk and dissolve in hot milk. Combine sugar, salt, lemon juice, grated rind, and cream. Stir in gelatine mixture. Pour in freezing trays and freeze to mush. Remove from trays and beat until smooth. Return to trays and freeze until firm.

Mrs. Edd Chapman

FROZEN LEMON PIE

3 beaten egg yolks
¾ C. sugar
Juice of 2 lemons and grated rind of 1

3 egg whites, stiffly beaten
2 t. sugar
1 C. heavy cream
Graham cracker crumbs

Mix the beaten egg yolks, sugar, grated rind, and lemon juice together. Cook over medium heat, stirring constantly, until thick and clear. Cool. Whip cream and add to egg mixture. Line bottom of ice cube tray with cracker crumbs, pour in mixture, and top with a layer of crumbs. Freeze until firm. Serves 6.

Mrs. Howard Allran

MAPLE PARFAIT

¾ C. maple syrup
3 egg whites

1 pt. heavy cream
½ C. chopped nuts

Cook maple syrup until it spins a thread. Pour syrup over stiffly beaten egg whites and beat until almost cold. Fold into the whipped cream, add nuts. Place in freezing tray and freeze until firm.

Mrs. Milton Gold

PEPPERMINT STICK ICE CREAM

6 oz. peppermint stick candy

2 C. top milk

1 8 oz. pkg. marshmallows

1½ pts. heavy cream

Dissolve candy and marshmallows in top of double boiler over boiling water. Mix well. Cool. Whip cream stiff, and slowly add the candy mixture. Freeze quickly until set, then return indicator to normal freezing. This makes 2 quart trays of ice cream. This is most delicious.

Mrs. Kenneth Anthony

PINEAPPLE ICE BOX CAKE

1½ C. powdered sugar

vanilla wafer crumbs

1 C. Coble's butter

1 C. drained crushed pineapple

½ C. chopped nuts

2 egg whites, beaten stiff

Cream butter, add sugar, and cream together thoroughly. Add nuts and pineapple, and fold in stiffly beaten egg whites. Into refrigerator tray put a layer of crushed vanilla wafers, then a layer of the pineapple mixture; then another layer of crumbs and another layer of mixture. Chill for several hours or overnight. Serve with whipped cream.

Mrs. Howard Allran

PISTACHIO PARFAIT

½ t. gelatine

1 t. cold water

1 C. sugar

½ C. water

Whites of 3 eggs

1 pint heavy cream

½ t. vanilla

½ C. chopped pistachio nuts

1 C. powdered macaroons

green vegetable coloring

Soak gelatine in cold water for 5 mins. Boil sugar and water to 238° F. Pour syrup slowly over the stiffly beaten egg whites. Add gelatine and beat until cool. Add coloring. Fold in stiffly beaten cream, and flavoring and macaroons. Sprinkle in the nuts, a few at the time and fold in. Pour into freezing trays and freeze without stirring, but do not allow to get too hard.

Mrs. J. Ben Dellinger

JELLIED PLUM PUDDING

2 envelopes unflavored gelatine

1 C. grape nuts

½ C. cold water

1½ C. chopped figs

2 C. hot water

1½ C. chopped dates

1 C. grape juice

1 C. seedless raisins

2 T. lemon juice

1 C. chopped California walnut meats

½ C. sugar

½ t. vanilla extract

⅛ t. salt

Soften gelatine in cold water; dissolve in hot water. Add grape juice, lemon juice, sugar, and salt. Chill until partially set; add grape nuts, fruits, nut meats, and vanilla extract. Pour into melon shaped mold. Chill until firm. Serve with hard sauce or whipped cream. Serves 12.

Mrs. D. R. Mauney, Jr.

SNOW CLOUD DREAM

1 lb. fresh marshmallows

3 egg yolks

¾ lb. blanched almonds

pinch salt

1 No. 2½ size pineapple (sliced)

1 T. sugar

1 pt. whipped cream

1 lemon

3 T. top milk

Mix egg yolks, salt, sugar, top milk, and juice of the lemon, and let come to a boil. When cold fold in the whipped cream. Quarter the marshmallows and almonds, and cut pineapple in small pieces, and mix with all of the pineapple juice. Fold in the whipped cream mixture and place in ice box for 24 hours. If pineapple juice appears to thin the mixture, the marshmallows will soon soak it, and it will be thick enough when ready to use. Serve in sherbet or parfait glasses, topped with whipped cream and a cherry. Can also be served as a salad on crisp lettuce with your favorite salad dressing.

Mrs. Roy Carpenter

STRAWBERRY ICE CREAM

1½ pts. heavy cream
1 qt. strawberries
sugar to taste

1 beaten egg
1 large can evaporated milk (chilled);
chill mixing bowl also

Mash berries with potato masher. Whip evaporated milk stiff. Whip cream. Add part of sugar to berries, and fold part in the whipping cream. Combine the berries, whipped milk, add the well beaten egg. Fold in the whipped cream. Freeze until firm. Delicious!

Mrs. J. W. Kendrick

SURPRISE CAKE

2 doz. lady fingers
½ lb. cake sweet chocolate
4 T. sugar
4 T. water
4 egg yolks, beaten light

1½ t. vanilla
4 egg whites, beaten light
1 C. cream, whipped
1 C. chopped nuts

Line a deep round tube cake pan with waxed paper. Line bottom and sides with lady fingers placed brown side out. Melt chocolate on low heat, add sugar, water, and egg yolks. Cook until smooth, stirring constantly. Cool. Add vanilla and fold in egg whites. Pour one half of mixture into pan, sprinkle one-half of the nuts on top. Put another layer of lady fingers over mixture, and add remaining of filling; sprinkle the remaining nuts on top. Chill in refrigerator 24 hours. When ready to serve, remove from pan, and fill center with the whipped cream, slightly sweetened. Top with a few red cherries, or if you want something really different, use a few whole red raspberries.

Mrs. J. W. Kendrick

VANILLA ICE CREAM

1½ C. top milk
2 eggs
½ C. sugar
1 T. cornstarch

⅛ t. salt
½ pt. heavy cream
2 t. vanilla

Scald milk. Beat egg yolks, adding sugar and cornstarch. Combine with hot milk and cook over boiling water 20 to 25 mins., stirring occasionally. Cool. Beat egg whites until stiff. Add salt and fold into custard; add vanilla. Pour into tray and freeze to a thick mush. Remove from refrigerator and beat until fluffy. Fold in whipped cream and return to freezing tray. Freeze until firm.

VARIATIONS

Peach Ice Cream: Flavor vanilla ice cream with ½ t. vanilla and ½ t. almond extract, and add 1½ C. mashed and sweetened peaches when folding in whipped cream.

Caramel Ice Cream: Scald milk as for vanilla ice cream. Caramelize 1/3 C. sugar (melt in heavy skillet, stirring until sugar becomes a light brown syrup). Add to milk in double boiler and stir until sugar is dissolved. Proceed as for Vanilla Ice Cream using only ¼ C. instead of ½ C. sugar.

Mrs. D. Troy Carpenter

Compliments of

DR. E. S. WEHUNT

VALENTINE TARTS

1 pkg. lemon-flavored gelatine
1½ C. hot water
2/3 C. sugar
¼ t. salt
¼ C. lemon juice
½ C. heavy cream

6 baked 5 inch tart shells
2 T. canned cherry juice
Few drops red vegetable coloring
1 No. 2 can (2 cups) drained sweetened
red sour pitted cherries

Dissolve gelatine in hot water. Add sugar, salt, and lemon juice. Reserve ½ C. mixture. Chill remaining gelatine until slightly thickened. Fold in cream which has been whipped until thick and shiny, but not stiff. Turn into tart shells. Chill until firm.

Meanwhile, add cherry juice and red coloring to the ½ C. reserved gelatine. Chill until slightly thickened. Cover firm gelatine in tart shells with cherries. Pour slightly thickened gelatine mixture over top. Chill until firm. Makes 6 tarts.

Miss Margie Mauney

Compliments of

Dr. F. M. Houser

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Cherryville, N. C.



WILD GAME

WILD GAME

Venison is much better when the deer has been killed in the autumn, when wild berries are plentiful and the deer has had abundant opportunities to fatten upon these and other fresh foods.

Wild Ducks are apt to have the flavor of fish, and when in the hands of inexperienced cooks are sometimes unpalatable on this account. Therefore, they should be soaked in cold water containing both salt and soda to help remove this offensive taste.

Game should not be cooked too soon after being killed. In fact the flavor is much enhanced if frozen or kept in a locker for several days or weeks before cooking. According to epicurean game tastes, dark fleshed birds; such as, ducks, geese, etc. should be served very rare; but most persons prefer them cooked until the flesh is pinkish and not blood red. White-fleshed game should be cooked longer.

BEAR MEAT

Bear meat is very delicious roasted. It may be treated the same as beef or pork roast, cooking 20 minutes to the pound. Bear steaks may be fried, panbroiled, or broiled in the oven the same as beefsteak.

Mrs. Harry Stroup

ROAST WILD DUCK OR GOOSE

After dressing, soak several hours covered with cold water to which salt and soda have been added. If desired ducks and geese may be soaked 24 hours or even for two or three days, depending on your particular taste, since the salt and soda remove the "wild" or "gamey" taste. Remove from soaking water, wash, and drain thoroughly. Insert a gashed orange and apple inside the duck or goose, lay strips of fresh or salt pork across the breast and bake in a hot oven 30 to 35 minutes. Remove the fruits and salt pork and stuff with dressing. Return to oven, reduce temperature to about 375° to 400° F. and bake until tender. (If desired, ducks and geese may be parboiled before stuffing and baking).

STUFFING FOR WILD DUCK OR GOOSE

1½ to 2 C. buttered bread crumbs
(toasted)

1 finely chopped onion

1½ to 2 C. hot mashed potatoes

2 T. finely chopped celery

Saute in 3 to 4 T. Coble's butter before
adding to stuffing

Poultry seasoning, thyme, or sage to
suit taste.

Salt and pepper to taste

Combine all ingredients and mix lightly but thoroughly. Stuff the same as a turkey or hen.

Serve roasted wild duck or goose with steamed wild rice, a tart jelly, baked sweet potatoes, and a green salad.

Mrs. T. D. Gurley

"Favorite recipe of Mr. Gary Cooper"

ENGLISH STUFFING FOR GOOSE

One-fourth cupful chopped salt pork, 1 onion chopped, cook 10 minutes then add 1½ cupfuls mashed potatoes, 1½ cupfuls bread crumbs, 1½ cupfuls celery, ½ cupful English walnuts, 1 egg, salt, pepper, sage to taste.

PEARL'S BIRD (QUAIL) PIE

Skin 8 quails; split them in half. Wash thoroughly, salt, and store in refrigerator for two or three days until ready to use. Wash thoroughly with cold water.

Place in a deep saucepan, cover with cold water, bring to a boil, and cook until tender. Pull the meat off the bones and chop it. Put the meat in a deep baking dish, cover with sweet milk. Dot with plenty of Coble's Butter, salt and pepper to taste. Roll out rich pie crust and using a plate a little larger than the baking dish, with a sharp knife cut out pastry. Fit pastry over top of pie, prick with a fork or cut a gash or two to allow the steam to escape. Bake in hot oven until crust is done and well browned. Brush with Coble's Butter and serve hot. This is delicious!

Pearl Mayfield, Mrs. Tot Dellinger's cook

QUAIL ON TOAST

Parboil birds in a small amount of water. Remove birds from saucepan and drain well (save the stock to use in making the sauce). Dredge the birds in White Goose Flour and fry in hot fat (half vegetable shortening and half Coble's Butter) until nicely browned and very tender. Remove birds from pan and keep hot. Make a brown sauce or gravy by adding White Goose Flour to the drippings; add the stock and cook until the gravy is of desired thickness. Arrange the quail and sauce on toast. Serve hot.

Mrs. John Neill

PEARL'S RECIPE FOR 'POSSUM

Skin the 'possum if you wish, or wet the 'possum with cold water, roll in wood ashes. Scald in boiling water. Or you can put ½ cup lime in about 1 gallon of boiling water and scald the 'possum quickly. Pull off hair while hot. Scrape well. Remove feet, tail and entrails—like you would a pig. Cut off ears, remove eyes and head if desired. Pour hot water over it and clean thoroughly.

Put 1 cup salt in sufficient cold water to cover 'possum, add 1 pod red pepper and let stand overnight. In the morning remove salt water and pour boiling water over it. Cook in enough boiling water to boil up over 'possum but not enough to cover. Cook until skin can be pierced with a fork easily, and let stand in water until ready for baking.

When ready to bake, place 'possum in pan with skin side up. Parboil sweet potatoes about 10 minutes, quarter, and place around 'possum. Bake in a moderate oven until 'possum is crisp and brown, and the potatoes are done. (If oven is too hot, the skin of the 'possum will blister and burn.)

Pearl Mayfield, Mrs. Tot Dellinger's cook

BARBECUED RABBIT

Cut in serving pieces. Unless rabbits are young and tender, parboil in a little water until tender. Place in a baking dish and baste with hot pepper sauce (vinegar and hot peppers). Bake in a moderate oven until rabbits are browned. Baste frequently (every 15 to 20 minutes) with sauce made, as follows:

½ C. chili sauce	1 T. Worcestershire sauce
1 to 3 T. hot pepper vinegar sauce (to suit taste)	2 T. melted Coble's butter salt and pepper to taste

Mix all ingredients together and heat to boiling point, but do not boil. This sauce is also delicious cold, if served at room temperature.

Mrs. T. D. Gurley

BAKED RABBIT

Skin rabbit, cut in serving pieces, and soak overnight in salt water. Pour off salt water and wash with cold water. Parboil in water until tender. Put the rabbit in well greased shallow baking pan, salt and pepper to taste. Baste with the stock in which it was cooked. Spread each piece of rabbit with prepared mustard and then with tomato catsup. Bake in hot oven 30 minutes. Serve as main meat dish along with cole slaw and vegetables.

Mrs. Leon Snead

FRIED RABBIT OR SQUIRREL

Parboil rabbits or squirrels with a piece of pork until tender. Remove from stock and drain well (save stock to use in making gravy). Roll in White Goose Flour, salt and pepper to taste and fry in hot shortening until well browned and very tender. Remove from pan and keep hot. Add White Goose Flour to drippings, add stock and cook until gravy is of desired thickness.

Mrs. Howard Allran

RABBIT-PORK STEW

Skin rabbit, cut in serving pieces, and soak overnight in salt water. Pour off salt water and wash in cold water. Put rabbit and pork (back bones, spareribs, or both) in pot. Add about 2 cups cold water. Bring to boil and cook slowly until meats are tender. Salt and pepper to taste. Add thickening of flour and water or cornstarch and water. Cook until stock is of desired thickness.

Mrs. Leon Snead

VENISON

Fry the steaks, panbroil, or broil in the oven in the same way you do beefsteak. Venison is also delicious stewed. Sear the meat and proceed the same way as for beef stew.

Both bear meat and venison should be kept in a freezer or locker for several weeks before using. This greatly improves the flavor and of course helps to tender the meats.

Mrs. Harry Stroup

ROAST VENISON

Soak the Venison Roast overnight in sweet milk. Drain off milk and dry with a cloth. Sear well on all sides and roast in the same way that you do beef roast. Vegetables such as carrots, white potatoes, onions, green pepper halves, and celery stalks may be cooked around the roast.

Mrs. T. D. Gurley

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FOOD FOR INVALIDS

FOODS FOR INVALIDS

Always have some dainty dish in readiness. If a patient is required to wait for food, he or she loses the desire to eat.

Have a clean napkin or doily spread on a tray, and let the service be as bright and colorful as possible. Cheerfulness is a great factor in the sick room.

Do not serve the foods too hot, as the patient may suffer a burned tongue or palate.

The seasoning of the food should be varied according to the condition of the patient, and upon advice of the attending physician.

Serve small, under average portions of foods as small portions appear more attractive to the sick.

APPLE SNOW

Take perfectly smooth tart apple sauce beaten to a cream, or the pulp scraped from baked tart apples and beaten smooth. Sweeten well, and to every large cupful add the beaten white of an egg. Beat all together thoroughly with an egg beater until it is as light as possible. This is nice for dessert with cake, or for tea, or for invalids.

From the cook book of Mrs. D. A. Rudisill, published in 1891.

BAKED APPLES

Get nice fruit, a little tart and juicy, but not sour; clean them nicely, and bake in a moderate oven—regulated so as to have them done in about an hour; when the skin cracks and the pulp breaks through in every direction, they are done and ready to take out. Serve with white sugar sprinkled over them.

From the cook book of Mrs. D. A. Rudisill, published in 1891.

BROILED BEEF

Many times a small piece of beef "tenderloin" or "porterhouse" is more wholesome, for an invalid, than broths and teas; and with this may be served a well roasted potato, seasoned with butter, a little salt, and pepper (if diet permits). Panbroil using a small amount of butter, and serve "rare" or "medium rare." This should be piping hot to be most pleasing to the patient.

Mrs. D. A. Rudisill

BLACKBERRY PUDDING

2 C. blackberry juice

$\frac{3}{4}$ C. sugar

$\frac{1}{4}$ C. cornstarch

Mix sugar and cornstarch. Heat blackberry juice and slowly add to the sugar and cornstarch mixture, stirring rapidly. Put in double boiler and cook 30 minutes. Stir rapidly until mixture thickens. Chill and serve with cream.

(Tapioca may be substituted for cornstarch. If patient likes foods not so sweet, use less sugar).

Miss Fannie Farris

COCOA

2 t. Baker's cocoa

1 C. milk

1 t. sugar

2 t. cold water

Scald milk in top of double boiler, mix cocoa and sugar together and make paste by adding cold water, stir into the hot milk. Bring to boiling point but do not boil. Beat with a dover egg beater until foamy. May be topped with slightly sweetened whipped cream if diet permits.

Mrs. T. D. Gurley

SCRAPED BEEF

Wipe a small piece of steak, lay it on a meat board, and with a sharp knife or spoon, scrape off the soft part until there is nothing left but the tough stringy fibers. Make it in a little round flat cake, $\frac{1}{2}$ " thick, and boil two minutes. Season with salt and pepper. Serve on buttered toast.

Miss Fannie Farris

BEEF SANDWICH

Prepare meat as for scraped beef. Season and spread on bread, sliced very thin. Place a slice of bread on top, sandwich fashion, and cut in fancy shapes. Serve in this manner, or toast it lightly.

Miss Fannie Farris

BEEF TEA

$\frac{1}{2}$ lb. round steak
 $\frac{1}{3}$ t. salt

$\frac{1}{2}$ pt. water

Cut in very small pieces, or scrape from fibre. Add cold water and let stand for an hour. Then place in Mason Jar, cover, and bring slowly to a boil and cook 2 hours. Strain and season. Beef Tea may be served hot, or frozen, or in form of jelly, the jelly consistency being obtained by adding a scant teaspoon of plain gelatine soaked five minutes in a tablespoon of cold water, and allowed to set.

Mrs. D. R. Mauney, Sr.

SOFT CUSTARD

1 pint milk, scalded
2 egg yolks
 $\frac{1}{4}$ C. sugar

Flavoring
Speck of salt

Beat the eggs, add sugar and salt and scalded milk slowly. Cook in a double boiler, stirring constantly until the mixture coats the spoon, add flavoring.

Mrs. Lester Houser

BAKED CUSTARD

Instead of cooking the above mixture over hot water, strain into custard cups or a mold and set in a pan of water. Bake in a slow oven 325° F. until firm. Custards are done when puffy on top and firm in center, or when a silver knife, inserted in the center, comes out clean.

Mrs. Lester Houser

JUNKET EGGNOG

1 egg
1 C. milk
1 t. vanilla flavoring or wine

2 level t. sugar
 $\frac{1}{4}$ Junket tablet

Separate white from yolk of egg. Add sugar and flavoring to yolk, then blend with beaten white. Have milk lukewarm, add egg mixture and immediately stir in the junket which has been dissolved in a teaspoon of cold water. Pour at once into small glasses and grate a little nutmeg over the top. Chill.

Mrs. D. R. Mauney, Sr.

LEMON FLIP

1 egg
1 T. sugar
1 T. lemon juice

$\frac{3}{4}$ C. cold water
Cracked Ice

Put the cracked ice into a milk shaker or a pint fruit jar; add the whole egg, sugar and lemon juice, shake vigorously for a few minutes, add the water and shake again until mixture is light and foamy. Serve immediately. (An electric shaker is ideal for this).

Mrs. L. Edwin Rudisill

LEMONADE

1 egg white	2 T. lemon juice
2 T. sugar	1 C. cold water

Beat egg white thoroughly, add sugar and lemon juice. Pour in the water gradually, stirring until smooth and well mixed. Strain and serve. Miss Fannie Farris

EGG IN THE NEST

1 egg	Salt to taste
$\frac{1}{4}$ t. Coble's butter	Toast

Toast the bread. Separate the egg, beat the white to a stiff froth. Salt to taste. Spread the toast with butter and put the white on it in the shape of a nest. Make a hollow in the center, put in the butter and drop the egg yolk in the hollow. Bake in a moderate oven 3 or 4 minutes. Miss Fannie Farris

FEVER DRINK

Pour cold water on wheat bran, let boil half an hour, strain, and add sugar and lemon juice. Pour boiling water on flaxseed, let stand till it is ropy, pour into hot lemonade and drink.

DISH FOR INVALIDS (Custard)

From the cook book of Mrs. D. A. Rudisill, published in 1891.

Put 1 cup of milk in saucepan, heat to boiling point, but do not boil. Add a pinch of salt, and $\frac{1}{2}$ teaspoonful of Coble's Butter. Add one well beaten egg. Remove from fire. This is a delicious custard and very nourishing, but will curdle if allowed to boil.

Mrs. D. A. Rudisill

MILK TOAST

Cut bread, (white, whole wheat, or rye) into strips or points. Butter before or after toasting as preferred. Cover with an ample amount of scalded milk to which has been added a little butter, and if diet permits, a little salt, sugar, and dash of nutmeg. This is both nourishing and tasty.

Mrs. Howard Allran

ORANGE ALBUMIN

1 orange	1 t. sugar (more or less as suits taste)
$\frac{1}{2}$ large lemon	Crushed ice
1 egg white	

Strain juices, add sugar, pour into tall glass, add crushed or cracked ice. Beat the egg white until light, add to mixture. Stir and mix well. Serve immediately. If patient is allergic to eggs, omit the egg white.

Mrs. T. D. Gurley

ORANGE MILKSHAKE OR EGGNOG

1 large fresh egg	Sugar to suit taste of patient
Juice of 1 or 2 oranges	8 ounces of fresh milk

Beat the whole egg thoroughly with electric mixer, add the sugar and beat again. Add the milk and beat to mix well. Lastly, add the orange juice. Beat just long enough to blend. This makes two average servings.

To the average invalid or convalescent without an allergy to milk, eggs, or orange juice, this is most nourishing and delicious.

Mrs. John P. Wilson

TOAST WATER

2 slices of stale bread toasted

1/6 t. salt

1 C. boiling water

Toast bread until dry and golden brown. Pour boiling water over it. Add the salt. Cover and set aside to cool. Strain and serve either hot or cold. Milk and sugar may be added and the concoction served as a hot beverage.

Mrs. D. R. Mauney, Sr.

OTHER SUGGESTIONS

Iced fruit drinks

Frozen fruit ices or frappes

Congeaed fruit juice gelatine or Jello

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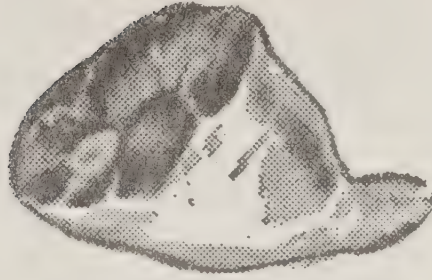
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MEATS



CUTS OF BEEF

STEAKS

Tender Cuts

Sirloin

Porterhouse

Tenderloin

Club

Rib (Short Cut)

T-Bone

ROASTS

Rib

Loin

Less Tender Cuts

STEAKS

Shoulder

Chuck

Flank

Round

Rump

ROASTS

Chuck Ribs

Cross Arm

Clod

Round

Rump

STEW

Neck

Shoulder

Skirt

Shank

Brisket

Plate

Flank

Heel of Round

When the tenderness of cut of beef is doubtful, a little lemon juice or vinegar rubbed into the meat several hours before cooking, will increase tenderness and also help the flavor of the beef. Some chefs prefer to pour a small quantity of vinegar or lemon juice over the beef, turning the beef often and on all sides frequently, and allowing it to marinate over night.

Long slow cooking, as for braised meats and stews—For extra flavor brown meat in a little fat. To braise, use little or no liquid except the juices that cook from the meat. Cook, closely covered, with low heat. To stew, add water to partially cover meat, cover kettle, and simmer.

Grinding, pounding, scoring—The meat grinder helps make meat tender. After grinding, any meat cooks as quickly as a tender cut. Pounding or scoring with a knife, before cooking is similar in effect to grinding but tenderizes meat less.

For braising, as pot roasts, etc.

Heart

Veal (All Cuts)

Goat (All cuts)

Mutton (All Cuts)

Broiling, frying or roasting

Lamb (All Cuts)

Pork shoulder & Ham

Ground Meat

Liver

Brains

Spareribs

Pork Chops

BROILED STEAK

Use sirloin, T-bone, or porterhouse steak 1 to 2½ inches thick.

If panbroiling, have the griddle very hot. Add butter then the steak. Sear well and turn and sear. Cook rare, medium, or well done as taste demands. Remove to heated platter, sprinkle with salt and pepper, and add generous amount of butter.

If using broiler: preheat the broiler to 500° F. or very hot. Put the steak or steaks on the broiler rack so that the meat is 3 inches below the flame or burner. Turn once, being careful not to pierce the meat.

To cook medium rare will require about 20 mins. Season both sides with salt and pepper. Place on a heated platter and spread with butter. If a 1 inch steak is used, place it about 2 inches below the heat unit.

Save the drippings and pour over the steak. Serve with mushrooms sauteed in butter, french fried potatoes, french fried onion rings, and a vegetable salad.

Mrs. L. Edwin Rudisill

CHARCOAL GRILLED STEAK (For Outdoor Grill)

Use sirloin, T-bone, or porterhouse steak cut at least 2 inches thick. Cut the excess fat from the steak. Make a sauce of 1 clove garlic minced very fine in ¼ cup olive oil or melted Coble's Butter. Add 1 to 1½ T. lemon juice. Rub steak on both sides with this sauce and allow to stand in this sauce until the grill is hot. The bed of charcoal should be glowing red with the rack about 3 inches above the coals. Preheat a large, heavy metal grilling platter. Grill the steak to a nice brown before turning, and grill on other side. Cook to rare, medium, or well done to suit individual taste. When done, salt and pepper to taste; add Coble's Butter, if desired. Serve piping hot.

Mrs. Fred Day

GOLABKI (Poland)

2¼ lb. head of cabbage

1 lb. beef (ground)

1 C. bread crumbs

1½ slices bacon (chopped)

¼ t. White Goose flour

1 small onion (chopped)

Salt and pepper

3 T. Coble's butter

2 small tomatoes (peeled)

Scald cabbage leaves with boiling water. Mix beef, crumbs, bacon, flour, onion, salt and pepper together. Stuff each cabbage leaf with meat mixture and roll up. Put rolls close together in stewing pan. Dot with butter. Add water to half the height of rolls and stew 1 hour. Slice tomatoes, put on top and stew 30 mins. longer.

(From "Operation Vittles" published in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley).

FILET MIGNON

Individual tenderloin

steaks (1-1½ in. thick)

White Goose flour

Coble's butter

Beef stock or water

Mushrooms (canned)

Salt and pepper

Melt butter in a large heavy frying pan. When it is sizzling, put in as many steaks as there are persons to be served. Sear the steaks 1½ to 2 mins. on each side. Remove the steaks. Stir in flour and stock or water, and continue stirring until the sauce is smooth. Season with salt and pepper. Add the drained mushrooms and the steaks. Simmer in the sauce for 10 to 12 mins. Place steaks on large heated

Mrs. Ruth Porter

GARDEN ROAST

Select your favorite roast of beef. Heat top of stove roaster until hot. Add beef roast and sear well on all sides. Add whole carrots, celery stalks cut in half, whole onions, whole white potatoes, and fresh green peppers cut in half. Cover tightly. Cook slowly until roast is done, rare, medium or well done, as desired. Season roast and vegetables with salt and pepper. If vegetables are not tender enough, remove roast to a large heated platter, and continue to cook vegetables until done. Place vegetables around roast. If thickened gravy is desired, add flour to drippings, stirring until smooth; gradually add water or tomato juice, stirring constantly. Cook until desired thickness is reached. This is a delicious and complete dinner cooked on one burner.

Mrs. T. D. Gurley

ROAST OF BEEF

Choose either a standing or rolled rib roast. Place fat side up in an open roasting pan. Add salt and pepper to suit individual taste. **Add no water.** Preheat oven and set at 375° to 400° F. and roast until done. A rare roast will require from 18 to 20 mins. per pound, for medium from 22 to 25 mins., and for well done from 28 to 30 mins. Boned and rolled roasts require a few minutes longer. Generally a roast is sufficiently browned by the time it is done, but if it is not, increase the oven temperature the last few minutes of the cooking period. Serve with the following:

BROWN GRAVY

For each cup of gravy desired, use 2 T. of the pan drippings, 1½ T. White Goose Flour, and 1 C. of water. Stir the flour into the drippings until smooth. Add the water gradually and cook 2 to 3 mins. If a thin gravy is desired, just use the pan drippings to which a small amount of water is added without any thickening.

YORKSHIRE PUDDING

1 C. milk	2 eggs
1 C. White Goose flour	¼ t. salt

Mix salt and flour and add milk gradually to form a smooth paste; then add the eggs and beat 2 mins. with an egg beater. Cover bottom of 2 hot bread pans with some of the beef fat fried out from the roast. Pour mixture in pans ½ inch deep. Bake in hot oven (450° F.) and bake 20 to 30 mins., decreasing the heat as the baking is accomplished. Cut in squares for serving. Serve around roast.

Mrs. Hugh Helms

STEAK—GEORGIA STYLE

1½ lbs. ground beef	Salt and pepper
1 medium sized onion	½ soup can water
1 Can Mushroom soup	

Salt and pepper meat. Cut onion in rather small pieces. Heat skillet and add a small amount of shortening. Cook onions and meat until well done, stirring while cooking, to prevent sticking and burning. Add the mushroom soup and water and mix well. Cover and let simmer for about 30 mins. (If desired, more water may be added, up to 1 soup can of water).

Mrs. Julian H. Papot, Jr.

DINE AT
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SAUERBRATEN

3 to 4 lbs. beef pot roast
Dash pepper
Dash nutmeg
2 t. salt
1 medium onion, sliced
1 bay leaf
2 T. parsley, chopped fine
 $\frac{3}{4}$ C. vinegar

$\frac{3}{4}$ C. water
 $\frac{1}{4}$ C. sugar
2 T. Coble's butter
or bacon drippings
2 T. White Goose flour
 $\frac{1}{4}$ C. light cream or rich top milk
 $\frac{1}{2}$ C. seedless raisins

Rub meat with pepper, nutmeg, and salt. Place in crock or enamel (not iron) pan. Add onion, bay leaf, and parsley. Heat vinegar, water and sugar to boiling and pour over meat. Cover and set aside to cool. Store in refrigerator overnight. Next day, drain meat, brown in butter or drippings in heavy skillet. Add $\frac{1}{2}$ cup of the liquid in which the meat soaked, and the onion. Cover and simmer for about 3 hours or until meat is very tender, adding more of the liquid in which the meat soaked, as the liquid in the skillet evaporates. When done, remove meat and keep hot while making gravy. Blend the flour and cream or milk together and add to the liquid in the skillet along with the remaining liquid in which the meat soaked. Add the raisins and cook slowly until the gravy is thick enough. Pour gravy over meat and serve hot.

Mrs. Stacy Harrelson

MEXICAN STEAK

Good steaks are preferable but even tough steaks will be tender if fixed this way. As the sauce should cook slowly about 20 mins., make it first.

1 No. 2 can of tomatoes
1 large onion
1 green pepper
1 t. salt

Hack steaks lightly, dampen and dip in flour. Brown quickly in hot skillet in which has been melted just enough butter or lard to prevent steaks from sticking. When all steaks are browned, place in a container that can go in the oven. Pour sauce over steaks. Set oven at 250° F. and let tender steaks simmer at least 35 mins., for steaks less tender allow more time.

If you like meats "hot" and really seasoned the Mexican way, add Louisiana Red Hot Cayenne Sauce to individual servings.

Mrs. J. W. Payne

SALISBURY STEAK WITH MUSHROOMS

1 lb. round steak (ground)
 $\frac{1}{4}$ t. salt
 $\frac{1}{4}$ t. paprika
 $\frac{1}{4}$ t. celery salt
 $\frac{1}{2}$ t. finely chopped parsley
2 t. minced onion
2 T. Coble's butter
1 can mushrooms

Heat frying pan (heavy skillet) and add the butter. Add the seasonings to the steak and form into round cakes about $\frac{1}{2}$ inch thick. Brown the cakes on both sides. Add the mushrooms and cover. Cook 10 to 15 mins. Turn the cakes and stir the mushrooms several times. Serve piping hot on a heated platter. Garnish with parsley.

Mrs. Felix Mendel, Jr.

BARBECUED LAMB

Rub leg of lamb with 2 teaspoons salt and dredge with flour. Brown quickly in hot oven. Pour barbecue sauce around and baste frequently. Cook until meat is tender, using a slow oven after meat is browned.

Sauce for Barbecue:
1 C. water
4 T. pepper sauce
 $\frac{1}{4}$ t. cayenne
 $\frac{1}{2}$ C. tomato catsup
2 T. Worcestershire sauce
1 small onion (grated)

Mix all ingredients and use to baste meat. This sauce is also very good cold.

Mrs. Felix Mendel, Jr.

SWISS STEAK

Steak (chuck, rump or round) cut 1½ in. thick or thicker. Salt and pepper steak; beat in thoroughly a very generous amount of flour. Sear steak thoroughly on both sides in suet or beef drippings. Add three-fourths to 1 cup of tomato juice. Cover and simmer over low heat until very tender. Grated onions may be added, if desired.

Mrs. S. M. Butler

LAMB POT PIE WITH DUMPLINGS

2 lbs. shoulder of lamb
1 onion
1 t. salt
Dash of pepper
½ t. Worcestershire sauce

2 C. diced potatoes
¼ C. tomato catsup
3 T. White Goose flour
½ C. cold water
Dumplings

In a saucepan or kettle containing 1½ qts. boiling water, place lamb and onion, and simmer for 1 hour or more. Add salt, pepper and Worcestershire sauce. Add potatoes and cook until they are nearly done, then add the catsup. Thicken, using flour blended with water. Place dumplings on top of meat, cover tightly and steam for 12 minutes. Be sure the dumplings rest on the meat and cannot sink into the liquid, as this is what causes them to be heavy. If a sauce is desired, part of the liquid may be removed before putting dumplings into kettle.

DUMPLINGS

Mix and sift 2 C. White Goose Flour, 4 t. baking powder, ½ t. salt. Work in 4 t. Coble's Butter and add ¾ C. milk gradually. Drop by teaspoonfuls on top of stew, cover tightly and steam for 12 minutes.

Mrs. Milton Gold

ROAST LEG OF LAMB WITH VEGETABLES

Select a 5 to 6 lb. leg of lamb and have butcher remove the gland.

Melt 4 T. Coble's Butter in roasting pan and brown meat dredged in flour. Place skin side down, cover, and cook for 2½ to 3 hours in slow oven (300° F.) or until done. If fat on roast is very thin, several strips of bacon may be placed on top if so desired. Season with salt and pepper. If desired, whole carrots, whole onions, whole white potatoes, celery stalks cut in half, and green pepper halves may be placed around the roast when it is about half done. The juice or drippings may be thickened with flour to make a delicious gravy. Place leg of lamb on heated platter, surround with vegetables. Serve gravy in separate container. Mint sauce is very good served with roasted lamb.

Mrs. T. D. Gurley

IRISH STEW WITH DUMPLINGS

3 lbs. lamb cut in small pieces
¾ C. cooked carrots
½ C. cooked turnips

1 large onion (grated)
4 C. cooked diced potatoes

Put meat in pan, cover with water, and cook on top of the stove, slowly, for 2 hours. (Water is necessary to extract the juices from the meat and not for cooking). Twenty minutes before serving add the vegetables and sufficient water to make 3 cups of liquid. Season with salt. Drop in the dumplings, cover and cook 10 mins. Cover should not be lifted until dumplings are ready to serve.

2 C. White Goose flour
3 t. baking powder
1½ T. melted Coble's butter

¾ C. milk
1 egg
½ t. salt

Break egg into bowl, beat well, add milk, dry ingredients which have been sifted together and beat thoroughly. Add melted shortening. Drop by spoonfuls on top of stew. Cover and cook 10 mins. over low flame.

Mrs. J. Ben Dellinger

SHASHLIK (Poland)

3 lbs. mutton fillet

¾ lb. bacon

3 onions (medium size)

2 C. White Goose flour

Salt and pepper

Cut meat into 1½ inch pieces, ½ inch thick. Pound to flatten. Cut bacon in squares and slice onions. Put in succession on skewers (meat, bacon, onion, etc.). Roll each filled skewer in flour, then sprinkle with seasonings. Broil over fire or on hot frying pan for 15 minutes. (Sliced fresh mushrooms may also be used: meat, mushroom, bacon, onion.)

(From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley).

"From "The White House"—Favorite recipe of President and Mrs. Harry S. Truman and Margaret."

BAKED HAM

Put ham in tinfoil or paper bag, seal by twisting paper bag top or by pressing tinfoil together. Place ham, fat side up, in pan and into oven, Bake at 350 degrees F allowing 30 minutes for each pound of ham.

Remove ham from oven, take off skin, sprinkle pineapple juice on ham, then brown sugar. Pat on bread crumbs that have been rolled fine. Stick cloves in diamond shape over ham and bake until brown.

Mrs. W. J. Allron

BAKED VIRGINIA OR SMITHFIELD HAM

Soak ham overnight in cold water, having ham completely covered with water. Next morning, wash and scrub it until all the pepper, molasses, etc. is removed and ham is clean. Place in a large roaster, filling roaster with water. Cover, bring to a boil, and boil slowly or bake in slow oven (around 275° F.) allowing 20 mins. to the pound. Keep roaster full of water during entire cooking period by adding hot water from time to time. Ham is done when the small bone at the hock end is loosened. Remove from roaster and while still warm, remove the outer skin.

Using: 1 C. brown sugar

1 T. vinegar or lemon juice

1 C. raisins cooked gently in ½ C.

water for 10 mins. or until tender

Mix this together and spread over ham which has been studded with whole cloves. Bake for 30 mins. in moderate oven.

Mrs. T. D. Gurley

Compliments of
DR. MARSHAL E. AGNER

HAM LOAF

2 C. cooked ham	¼ t. dry mustard
1 C. bread crumbs	¼ t. black pepper
½ C. milk	1 T. fat
2 eggs	

Put ham through food chopper with bread crumbs. If it is very fat no extra fat will be required. Add eggs well beaten. Scald liquid and add with seasonings. Grease small pan and shake in some sifted crumbs, then pack in the ham and bake in moderate oven for an hour or until top is well browned.

This is a good way to use left over ham.

Mrs. J. Ben Dellinger

HEADCHEESE (Soupe Meat)

1 Hog's Head	2 Hog's feet
Sage and red pepper	Salt and black pepper
1 Hog's Tongue	

Clean and scrape hog's head and feet. Wash thoroughly. Wash and trim tongue. Cover head, tongue, and feet with slightly salted water. Simmer until meat falls from the bones. Drain meat. Remove all bones. Shred meat or run through food chopper. Season to suit taste. Mix thoroughly. Packed tightly in greased bowl. Cover and weight down. Let stand at least 36 hours before using. Slice and serve cold.

Mrs. M. A. Stroup

LIVER PUDDING

Use the liver, jowl and heart. Cook very slowly until the meat falls away from the bone. Put through food chopper; return to the burner, bring to boiling point, add salt, red pepper, sage, thyme, and black pepper to suit taste; add enough corn meal to make a good thick mush. Cook slowly, stirring often, until the meal is thoroughly cooked. Pour in greased bowl. Cool. Keep in refrigerator until ready to serve. Slice and serve cold or brown in well greased frying pan.

Mrs. T. D. Gurley

LIVER PATEE (Danish Military Mission)

1½ lbs. pork liver	2 egg whites
¾ C. lard (bacon fat)	3 t. salt
¾ C. Coble's butter	½ t. white pepper
½ C. White Goose flour	pinch of saltpeter
1 1/3 C. milk	1 onion

Lay the liver in cold water, ½ hour, to which is added a little vinegar. Cut it to pieces removing the veins, etc.—Cut the bacon lard to pieces and peel the onion. Pass the liver, bacon lard, and onion through a fine meat hasher—4 times. Make a sauce out of the butter, flour, adding the milk little by little, add the hashed meat, mixing it well as it boils slowly. Take off the flame, blend salt, pepper and salt-peter, and last the beaten whites of eggs. Pour the whole mass into a greased shape and bake in normal oven 1 hour, placing the shape in a pan of boiling water.

This is the Danish everyday lunch item, eaten on black buttered bread.

From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley.

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POT ROAST

Place in bottom of boiler 2 or 4 pork chops and brown slightly (2 serves 2 people, 4 serves 4 people). Cut peppers in halves and remove seeds, place on meat slice and fill with level tablespoon of rice. On top of rice place a slice of onion; top with thick slice of tomato. Pare 4 small white potatoes (if serving 4) and arrange between peppers, also $\frac{1}{2}$ head of cabbage cut in 4 slices. Cover and add just enough water to cook the roast. When nearly done add a little tomato juice. Season with salt and pepper. Serves as many as the number of chops used.

Mrs. Geo. S. Falls

ROAST SUCKLING PIG

Select a 5 or 6 weeks old piglet.

Scrape and wash the pig thoroughly. Be sure the inside is also washed thoroughly. Rub dry with a clean cloth. Dust the inside with salt and pepper. Stuff with favorite dressing or stuffing, and sew up the incision. Fasten the feet together. Before putting in the roasting pan, place a wedge in the mouth to keep it open during the roasting period. Use a roasting rack or piece of wood in the bottom of the roasting pan to lift the pig out of the dripping juices during the cooking process. Place the pig in feet upwards. Baste often during the cooking period unless you are using a covered roaster. Allow about 20 mins. per pound and use an oven temperature of 450° F., reducing toward the end of the cooking period. When done place on a large platter. Slash the skin around the neck immediately after removing from the oven (this in order that the moisture will evaporate and the skin keep its crispness). Remove the wedge from the pig's mouth and insert a red apple. Place cranberries in the eye sockets. Put a garland of parsley or carrot rings around the neck. Garnish with parsley. Serve with tart apple sauce and favorite vegetables.

Mrs. T. D. Gurley

PORK TENDERLOIN WITH SWEET POTATOES

Put tenderloin in baking dish and brown in hot oven (500° F.). Then reduce the heat to 300° F. Parboil the sweet potatoes about 10 mins. and arrange around the meat. Bake for 45 mins., basting every 15 mins.

Mrs. J. W. Kendrick

STUFFED PORK CHOPS (1)

Select thick pork chops and have butcher cut a pocket in each.

2 C. bread crumbs	1 T. Worcestershire sauce
4 T. Coble's butter	$\frac{1}{2}$ t. salt
small onion chopped fine	dash of black pepper
3 T. tomato ketchup	$1\frac{1}{2}$ C. water

Make a stuffing of the bread crumbs, butter, onion, seasonings, and Worcestershire sauce. Stuff pork chops. Fry chops in hot fat until light brown on both sides. Pour the water and ketchup over the chops and place in oven. Set oven at 400° F. and bake 45 mins.

Mrs. J. Bennett Dellinger, Jr.

STUFFED PORK CHOPS (?)

2 pork chops	2 T. uncooked rice
1 green pepper	

Brown chops, place in boiler. Cut pepper long ways and clean. Put 1 tablespoon rice in each pepper. Place on chops. Put several slices onion on this. Then put several slices tomatoes on top of this. Put two medium potatoes around this. Place $\frac{1}{4}$ head of cabbage around this. Salt and pepper to taste. Cover with water. Cook for $1\frac{1}{2}$ hours.

Mrs. John P. Wilson

BARBECUED SPARERIBS

- | | |
|----------------------------------|----------------------------|
| 1 T. chili powder | 2 lbs. spareribs |
| 1 T. salt | ½ C. vinegar |
| 1 T. celery seed | 1 Can cream of tomato soup |
| ¼ C. brown sugar (firmly packed) | |

Mix together first five ingredients and rub over spareribs. Broil on each side 8 mins. with top of meat about 3 inches from heat. Place in roasting pan in such a position that the bones hold the meat up from the bottom of the pan. Mix vinegar and tomato soup and pour over spareribs. Bake in moderate oven (350° F.) for 1½ hours, basting every 30 mins. Serves 3.

Mrs. Theda Zepp

SPRING ROLLS

(Chinese Military Mission)

- | | |
|-----------------------|------------------------|
| 1 lb. lean pork | ½ t. pepper |
| 2 or 3 onions | 2 eggs |
| 1 lb. oil or fat | 4 C. White Goose flour |
| 1 small white cabbage | ½ t. soya bean sauce |
| 1 t. salt | |

Hash the meat, onions and cabbage and add a little soya bean sauce. Fry together until done. Add the eggs to the flour, make a paste, add water if necessary. Put 2 teaspoonsfuls of paste in the frying pan and spread (like small pancake). On this paste put a tablespoonful or two of the hashed ingredients. Then roll up—take out of the pan. Repeat process.

Throw all the rolls, when ready, into boiling fat until these are brown. They are then ready.

From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley.

TO CURE HAMS, SHOULDERS, AND BREAKFAST BACON CAROLINA STYLE

- | | |
|----------------|-----------------------------|
| 1 qt. vinegar | 6 T. black pepper |
| 1 qt. water | 8 to 10 pods hot red pepper |
| 1 qt. molasses | 1 to 2 C. White Goose flour |

When all animal heat has left the meat and it is thoroughly cold, coat thoroughly with salt and pack for six weeks. Then unpack, wash, and smoke over hickory coals. Boil the red pepper pods in water, and strain. To this water add the vinegar, molasses, black pepper, and reheat. To this mixture add from 1 to 2 C. White Goose Flour, or enough to make a paste. While this mixture is hot, apply with a spatula or knife to the meat, thoroughly coating it. Allow to dry. Put in clean starched sacks and hang for late spring and summer use. The meat may be smoked again over hickory coals, if desired.

GOVERNMENT RECIPE FOR CURING MEAT

For 100 lbs. of meat use the following:

- | | |
|---------------------|--------------------|
| 8 lbs. salt | 3 oz. black pepper |
| 2½ lbs. brown sugar | 2 oz. red pepper |
| 4 oz. saltpeter | |

As soon as meat is cold rub mixture in thoroughly and let lay on salting board for three weeks. Then hang up in paper or muslin bags.

VEAL EN CASSEROLE

Three lbs. veal. Brown on top of stove in frying pan, put in casserole. Pour over 1 can mushrooms, 1 teaspoon flour creamed with 1 tablespoon butter. Season to taste with salt and garlic or onions.

HOMEMADE SAUSAGE

To 50 lbs. meat use the following:

$\frac{3}{4}$ lb. salt	1½ oz. sage
5 oz. sugar	3 oz. black pepper
½ oz. saltpeter	1 oz. red pepper

Grind meat fine, mix thoroughly with seasonings. Stuff in cases and hang up. This sausage is even more delicious if smoked over hickory coals.

Favorite recipe of Mr. Warner Baxter

VEAL BIRDS

1½ lbs. veal steak	2 T. fat
¼ C. White Goose flour	1½ C. boiling water

Wipe veal and trim off fat; cut into 6 pieces of uniform size; spread each piece with stuffing, roll and fasten with tooth picks. Roll the birds in part of the flour and brown in melted fat. Remove and add the rest of the flour and boiling water—make smooth gravy. Place birds in a casserole, pour the gravy over them and bake 1 hour at 375° F.

Stuffing:

1 C. crumbs	½ t. salt
2 T. Coble's butter	½ t. onion juice
2 T. parsley	⅛ t. paprika
	2 T. chopped celery

Mrs. Blanch Beam

VEAL CURRY

1½ lbs. shoulder veal	cut in 1 inch cubes
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Dredge the cubed veal in flour. Put in large skillet; brown in hot shortening. Add 1 large onion (minced), 2 tart apples (chopped), and 2 t. curry powder. Salt and pepper to taste. Cover. Cook slowly until meat is tender. Thicken gravy with flour or cornstarch. Serve piping hot on steamed rice. Serves 8.

Mrs. Felix Mendel, Jr.

VEAL CUTLETS

Use slices of veal from leg cut ½ inch thick. Wipe, remove bone and skin, then cut in pieces for serving. The long irregular shaped pieces may be rolled and fastened with small wooden skewers. Sprinkle with salt and pepper; dip in flour, egg, and crumbs and fry (saute) slowly, until well browned in pork fat drippings or Coble's butter. Pour over 1 C. tomato sauce and cook slowly 1 hour or until cutlets are tender. Arrange on hot platter, pour sauce around cutlets, and garnish with parsley.

Mrs. Felix Mendel, Jr.

LOIN OF VEAL A LA JARDINIERE

4 lbs. loin of veal	Hot water
Salt and pepper	2 C. cooked turnips (cut in ½" cubes)
White Goose flour	2 C. cooked carrots (cut in ½" cubes)
4 T. Coble's butter	

Wipe veal, sprinkle with salt and pepper, and dredge with flour. Melt butter in deep stewpan. Add veal and brown entire surface of meat, watching carefully and turning often that it may not burn. Add 1 cup hot water, cover closely, and cook slowly 2 hours, or until meat is tender, adding more water as needed, using in all about 3 cups. Remove meat, thicken stock remaining in pan with flour diluted with enough cold water to pour easily. Surround the meat with turnips, carrots, and potato balls. Serve gravy separately.

Mrs. J. Ben Dellinger

FRICASSEE OF VEAL

2 lbs. sliced veal
1 small onion
2 stalks celery
2 carrots (sliced)

Salt and pepper
White Goose flour
Bacon drippings
4 T. Coble's butter

Wipe meat, cover with boiling water, and add vegetables. Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour, and fry (saute) in bacon drippings. Strain liquor (there should be 2 cups). Melt butter, add 4 T. flour and strained liquor. Bring to boiling point, season with salt and pepper, and pour around meat. Garnish with parsley.

Mrs. L. Edwin Rudisill

ROAST VEAL

If veal leg is used, have it boned at the market. A rump, rib or shoulder roast is also nice. If rump roast is used, have butcher cut a pocket for stuffing.

Wipe meat, sprinkle with salt and pepper, stuff, and sew together. Place on rack in roasting pan, dredge with flour, and place strips of fat salt pork or slices of bacon over meat. Sear 15 mins. in a very hot oven (500° to 550° F.) then reduce heat to 250° F. Add ½ C. hot water, cover tightly, and bake until done. Vegetables may be cooked around the roast, if desired. A lion roast requires approximately 20 mins. to the pound after searing; shoulder roast 25 to 30 mins. to the pound after searing; rump roast requires about 25 mins. to the pound after searing. If leg is roasted, allow 20 mins. to the pound after searing the leg 30 mins.

Mrs. T. D. Gurley

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MISCELLANEOUS MEAT DISHES AND COMBINATIONS

ALASKAN DISH

- | | |
|------------------------|-----------------------|
| 2 lbs. round steak | 1 C. hot water |
| ½ lb. salt pork | 1 C. cooked spaghetti |
| 1 C. finely cut celery | 1 pt. stewed tomatoes |
| 1 large onion | 2 C. cooked rice |
| 2 T. White Goose flour | |

Cut steak in eight pieces for serving. Dice the salt pork. Cook pork, celery, and onion in frying-pan until golden brown and put in a kettle. Sear steak quickly on both sides in frying-pan and remove it to kettle. Blend flour with fat left in frying-pan and add hot water. Pour over meat, and simmer the whole 30 mins. Just before serving, add spaghetti and tomatoes. Pour over steamed hot rice on a heated platter. Serves 8.

Mrs. J. Ben Dellinger

SOUTHERN FRIED BACON AND APPLES

- | | |
|-------------------------------------|----------------------------------|
| 10 to 12 slices cured bacon | 1 inch cubes or in ½ inch slices |
| cut in halves | 3 to 3½ T. sugar |
| 1½ qts. peeled, tart apples, cut in | |

Put the bacon in a cold, heavy skillet over moderate heat. Turn the bacon often until it is lightly browned and crisp. Remove it from the fat and keep it hot. Add the apples to the bacon fat. Sprinkle with sugar. Cover and cook slowly until tender. Remove cover so that pieces will retain their shape. Increase heat and let the apples brown lightly. The apples should be almost transparent. Pile them lightly in a little mound on a hot platter and arrange the bacon as a border.

Mrs. J. W. Kendrick

BROCCIOLE (Italian)

- | | |
|--------------------------|-------------------------------|
| 1½ lbs. round steak | 1 hard boiled egg |
| melted shortening | 1 clove garlic or small onion |
| ¼ C. grated sharp cheese | 1 T. tomato catsup |
| ¼ C. bread crumbs | 1 T. White Goose flour |
| Salt and pepper | 1 pt. tomato pulp |
| 1 T. chopped parsley | 1 C. dry macaroni |

Have the steak cut very thin, brush with melted shortening, sprinkle with cheese, bread crumbs, pepper, salt, and parsley. Add the sliced egg. Roll steak up tightly, tie firmly with a string. Sear in hot greased skillet with a clove of garlic or onion. Remove the meat, and add to the skillet the catsup and flour. Stir until smooth and add tomato pulp. Return the meat, and simmer in moderate oven until tender. Boil macaroni in salad water until tender (about 8 to 10 mins.). Drain and rinse in hot water, and drain again. Place on platter with meat, sprinkle thickly with grated cheese, and spread the tomato sauce from the meat over all. Serve piping hot.

Mrs. T. D. Gurley

BEEF-VEGETABLE STEW

2 lbs. diced beef
3 T. fat
1 C. diced carrots

1 C. diced onions
1 C. diced potatoes
Salt and pepper to taste

Melt fat. Roll meat in flour and sear in hot fat. Add 1 cup or more of boiling water. Cook meat until tender, then add vegetables and continue cooking until done.

Mrs. W. G. Cobb

BEEFSTEAK PIE

"Favorite recipe of Mr. George Burns"

Make mixture of flour, salt and pepper. Cut about two pounds of Beefsteak into fine strips and dip into flour mixture. Place in greased baking pan and sprinkle flour between layers, placing meat as high in the center as possible. Fill the pan with boiling water, cover and bake for one hour, (add water as needed). Prepare good short crust and cover pie-style. Brush pie over with egg yolk when about half baked.

LEFT OVER BOLOGNA

Chop bologna into bits.
4 T. White Goose flour
3 t. shortening

2 C. milk or water in which potatoes
were cooked
Salt and pepper

Brown flour in shortening, add liquid, stir until thickened. Add bologna, and serve as gravy for mashed or boiled potatoes.

Mrs. Glenn Henkle

CREOLE JAMBALAYA

2 T. minced salt pork
1 C. chopped onions
1 C. diced cooked ham
½ lb. sausage
2 T. minced parsley
small bay leaf
Pinch ground cloves

½ t. chili powder
1½ t. salt
Speck cayenne
1 pt. water
1 pt. tomato juice
½ C. rice

Cook pork and onions in frying-pan until brown. Add ham, sausage, and seasonings. Cook slowly until browned. Add water and well-washed rice, and cook until rice is soft, stirring frequently.

Mrs. M. A. Stroup

CHILI CON CARNE

1½ lbs. ground round steak
1 large can tomatoes

1 Can red kidney beans
Salt and chili powder to taste

Brown steak in about 2 T. fat. Add the tomatoes and seasonings, and simmer about 1½ hours. Add the kidney beans during the last half hour of the cooking. Serve piping hot with spaghetti or steamed rice.

Mrs. T. D. Gurley

BOILED DINNER WITH CORNED BEEF

2 lbs. corned beef
3 carrots
6 small turnips
6 medium potatoes

6 small onions
½ medium size head of cabbage
Salt and pepper

Cover corned beef with cold water and heat to boiling; then reduce heat, cover pot, and simmer until beef is tender, 2 to 2½ hours. Meanwhile scrape carrots and peel turnips, split in half lengthwise. Peel potatoes and cut in halves, peel onions, and cut cabbage in wedges, after removing outer leaves. Add vegetables to kettle and cook 20 to 30 mins. longer, or until vegetables are tender. Add salt and pepper to taste. If corned beef is very salty, no salt is necessary.

Miss Lucy Harrelson, Beam's Inn

CHICKEN CHOW MEIN

(An original recipe)

- | | |
|--|---|
| <p>2 bunches celery (chopped)
 5 lbs. dried onions (sliced)
 2 cans mushrooms (buttons)
 2 large green sweet peppers (chopped)
 1 bottle bead molasses or Cook's Magic
 ½ to 1 bottle Soy Sauce
 3 cans bean sprouts
 1 can bamboo shoots (sliced)
 1 can water chestnuts (sliced)
 1 can mixed Chinese vegetables</p> | <p>2½ lbs. tender beefsteak (cubed)
 ½ lb. lean pork (cubed)
 ½ lb. veal (cubed)
 1 stick Coble's butter
 3 chicken breasts (cooked in a little water until tender). When cold cut the chicken in slivers no larger and as long as a kitchen match. Use to garnish top of cooked chow mein.</p> |
|--|---|

Saute meat in butter in Dutch oven or large heavy top of stove cooker. Remove meats from cooker. Saute celery, onions in the butter drippings until lightly browned. Put meats back in cooker, add the bead molasses or Cook's Magic, and cook until tender. Add the drained canned vegetables, 2 cups of the liquid drained from the cans, season with salt and pepper, and add ½ to 1 bottle of soy sauce to suite taste. Thicken with flour and water or cornstarch and water. Cook slowly (stirring constantly to prevent sticking) until chow mein is thick. Serve piping hot, garnished with slivered chicken breasts with dishes of hot steamed fluffy rice, heated fried noodles, and soy sauce. This is a wonderful dish. This recipe serves 8 hungry adults.

Mrs. T. D. Gurley

HUNGARIAN GOULASH

- | | |
|--|--|
| <p>1 lb. veal or beef
 Bacon drippings
 1½ C. small onions
 3 T. White Goose flour</p> | <p>1½ C. boiling water
 1 C. chopped turnips
 1 C. chopped celery
 2 C. chopped potatoes</p> |
|--|--|

Cut veal or beef in small pieces. Melt 2 T. drippings in a heavy skillet, add veal and fry (saute) until well browned; remove from pan and keep hot. Add 4 T. drippings to skillet and fry onions until slightly browned and remove from skillet. Add flour to drippings and stir until smooth; add boiling water, and blend well. Put the meat and onions back in the skillet, cover, and allow to simmer slowly for 1 hour. Add the remaining vegetables, and cook slowly until tender. If a thicker liquid is desired, make a paste of flour and water, and add slowly, stirring until smooth and until desired thickness is obtained.

Mrs. T. D. Gurley

MEAT LOAVES DE LUXE

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|---|--|
| <p>1½ lbs. ground beef
 1/3 C. cracker crumbs
 ½ C. finely chopped onion
 1½ t. salt
 ¼ t. pepper</p> | <p>1 C. seedless raisins
 ¼ t. nutmeg
 3 eggs, beaten
 6 thin slices mild cheese</p> |
|---|--|

Combine all ingredients except cheese. Mix thoroughly. Divide meat mixture into 12 balls. Pat 6 balls into bottom of 6 large muffin pans or individual casseroles. Cover each with a slice of cheese and pat one of the remaining balls on each slice of cheese. Bake in a slow oven (300° F.) for 50 mins. or until done. Serves 6. This may be made into one meat loaf and bake in a loaf pan or casserole in a slow oven for 1½ hours.

Mrs. M. A. Stroup

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LIVER-GEORGIA STYLE

Liver—to 1 pound add:

1 large onion

3 large stalks celery

1 large green pepper

6 slices white meat with lean streak,

from about a 2 inch width.

Salt and pepper to taste

White Goose flour for thickening

1 bay leaf broken in half

Salt and pepper liver to taste; cut in cubes. Cut in cubes and fry white meat with lean streak. Take from pan and fry onion, celery, and green pepper after cutting all in small pieces. Take from pan and fry liver. When liver is done, add the fried meat, and vegetables. Sprinkle a little flour over this mixture, for thickening, add small amount of water. Mix well. If too thick, add more water. When you have medium consistency, add halved bay leaf. Let simmer for 30 minutes.

To tenderize beef liver:

For 1 pound liver, salt and pepper to taste. Let stand in 1 tablespoon vinegar after mixing it well, for 10 or 15 minutes before cooking.

Mrs. Julian H. Papot, Jr.

MEAT LOAF (1)

1 lb. ground beef

½ lb. ground pork

**1 Can tomato soup (use about ¾ can
in loaf mixture)**

1 large onion (chopped)

1 C. chopped celery

1 egg

**2 C. cracker crumbs (enough to make
loaf firm)**

Salt and pepper

Mix all ingredients together thoroughly. Shape into a loaf and bake in greased uncovered pan at 325° F. for 2 hours after loaf browns. Put remainder of tomato soup on top. Baste occasionally with butter and a little water.

Mrs. Alfred Dellinger

MEAT LOAF (2)

**1 lb. steak and ½ lb. pork ground to-
gether**

1 C. bread crumbs

1 C. sweet milk

2 eggs

1 small onion grated (optional)

Mix all ingredients together thoroughly. Shape into a loaf and bake in well greased uncovered baking dish in moderate oven until done.

Mrs. D. A. Rudisill

QUICK MEAT LOAF

1 pt. can Canned Beef

1 pt. can Canned Sausage

4 slices bread

½ C. milk

1 egg

2 T. chopped onion

2 T. chopped green pepper

1 C. chili sauce

½ t. salt

¼ t. pepper

Use food chopper to grind beef and sausage, or cut in small pieces, mixing well. Beat egg slightly, add milk and bread crumbs. Mix with meats. Add chopped onion, green pepper and seasonings. Shape into loaf, place in baking dish and pour chili sauce over meat loaf. Bake in oven until brown.

Mrs. Glenn Leonard

CHIPPED BEEF—POTATO SCALLOP

½ lb. dried beef

6 medium potatoes

½ C. White Goose flour

1 No. 1 can mushroom soup

2 C. milk

Shred dried beef. Peel and slice potatoes. Alternate layers of potatoes, flour, and beef in greased casserole, finishing with a layer of meat. Combine mushroom soup and milk, pour over all. Bake in moderate oven (350° F.) for 1 to 1½ hours. Serves 6 to 8.

Mrs. Lela Howell Carpenter

SAUSAGE-MACARONI CASSEROLE

1—3-oz. pkg. elbow macaroni
½ lb. sausage meat
1 onion, diced
½ green pepper, diced

1½ T. White Goose flour
1 t. salt
2 C. milk
¼ to ½ lb. American cheese

Cook macaroni. Fry sausage, green pepper, and onion until lightly browned. Make a white sauce with 2 T. Coble's Butter or sausage fat (melted), stir in flour, salt, add milk. Cook over low heat until thick. Add cheese, stirring until melted. Mix sausage, macaroni, and sauce together; place in greased casserole, top with cheese; bake at 400° F. for 25 mins.

Mrs. Clyde Reynolds

SAUSAGE AND POTATO PANCAKES

Cover smoked link sausage with water and simmer 5 mins. Drain and cook slowly until nicely browned. Remove to hot platter. Fry the cakes in sausage fat.

Potato Pancakes:

6 potatoes, grated & well drained
2 eggs, well beaten

2 T. White Goose flour
½ t. salt

Mix all ingredients thoroughly. Fry cakes on both sides so that the edges are crispy brown. Serve on hot platter with sausage.

Mrs. Carrie Howell Moser

SPAGHETTI DINNER

Put into iron skillet or other suitable vessel ¼ lb. Coble's Butter. Add 1 lb. ground beef or hamburger. Fry until brown. Add 1 large green pepper (chopped), several onions diced, 1 C. diced celery, and let cook until tender. Add 1 can plain tomato soup, 1 T. Worcestershire sauce, 1 t. horseradish, and a small amount of water. Cover and let simmer ½ hour. Serve over plain boiled spaghetti. Serves 5 or more.

Miss Soonie Stroup

ITALIAN SPAGHETTI WITH MEAT BALLS

(An original recipe)

½ lb. steak (ground)
½ lb. pork (ground)
½ lb. veal (ground)
½ lb. sausage
¼ lb. Coble's butter
2 or 3 bell peppers
3 large onions

1 bottle tomato catsup
3 cans Del Monte Tomato Sauce
1 can mushrooms (stems & pieces)
2 cans tomato paste
Salt and pepper
1 t. Worcestershire sauce

Melt butter in frying pan, salt the meats and roll into small balls and brown slightly and slowly in the butter. Remove from pan and set aside. Chop onions and bell peppers fine and brown lightly in butter, then pour with the butter into a large saucepan. To this add the other ingredients, using an equal amount of water with the catsup and tomato sauce. Allow to come to a boil and simmer for two hours, add the meat balls and allow to cook a few minutes longer. Serve over spaghetti and sprinkle each serving with cheeses; such as, Kraft's All American and Parmesan.

Mrs. G. D. Heafner, Sr.

Compliments of

THE BURRIS CLINIC

CHIROPRACTIC PHYSICIANS

Lincolnton, N. C.

SPANISH MEAT RING

- | | |
|-----------------------------|----------------------------------|
| 1 lb. ground beef | $\frac{1}{8}$ t. black pepper |
| 1 lb. ground pork | 3 C. cracker crumbs |
| 2 C. unsweetened applesauce | $\frac{1}{4}$ C. tomato catsup |
| 2 eggs | $\frac{1}{2}$ C. chopped pimento |
| 2 t. salt | 6 slices bacon cut in half |

Combine all ingredients and mix thoroughly, adding milk if more moisture is necessary. Pack in a well greased ring mold or meat loaf pan. Place bacon on top. Bake at 350° F. for about an hour. Serve on platter garnished with sliced tomatoes and parsley.

Mrs. Lela Howell Carpenter

BEEF STRAGENEUFF

- | | |
|------------------------------------|----------------------------|
| 1 large onion (sliced) | 2 C. sour cream |
| 1 T. Coble's butter | 1 T. White Goose flour |
| 2 lbs. round steak (cut in strips) | 2 T. water |
| 3 T. soy sauce | $\frac{1}{2}$ C. mushrooms |
| 3 T. catsup | |

Cook onion in butter until clear. Add meat and brown. Add seasoning and cream. Cook slowly until meat is tender. Mix flour and water together and add, stirring until thick. Add mushrooms and serve on rice.

From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley.

SUKIYAKI (Japanese)

- | | |
|--|---------------------------------------|
| 1 lb. loin beef steak, cut in tiny cubes | 1 additional dried onion |
| 3 small onions | Chinese cabbage or cauliflower, about |
| 1 bunch carrots (small) | $\frac{3}{4}$ cups |
| 1 large stalk celery | 1 C. soy sauce with 1 T. sugar (or to |
| 1 lb. green beans | taste) |
| 1 bunch green onions or | |

Put 1 cup white rice, 1 t. salt, and 2 C. cold water in a two-quart saucepan. Cover with a tight-fitting lid. Set over a hot flame until it boils vigorously. Reduce the heat as low as possible, and simmer for 14 mins. more. Remove the lid to permit the rice to steam dry. Cut all meat and vegetables slanted so that they will cook in a shorter time. Brown the meat in a little fat until almost done in heavy skillet, then add the vegetables in this order in layers: onions, carrots, celery, green beans, green onions, green pepper, and cabbage or cauliflower. Cover with a tight fitting lid and steam until vegetables are half done. Add soy sauce and continue steaming vegetables until tender but not mushy. Serve on rice.

Mrs. T. D. Gurley

STEWED VEAL KIDNEYS

- | | |
|------------------------------------|--------------------------------|
| 3 veal kidneys | 3 stalks celery (chopped fine) |
| 1 large bell pepper (chopped fine) | 4 strips bacon |
| 1 large onion (chopped fine) | Salt and pepper to taste |

Fry the bacon until crisp. Remove bacon. Add vegetables and lightly brown in the bacon fat. Remove the membranes from the kidneys and slice in $\frac{1}{2}$ inch slices. Add to mixture and fry slowly until kidneys brown. Add 1 C. hot water and steam slowly for 1 hour. Thicken gravy with White Goose Flour to desired consistency. Add the crumbled crisp bacon, and serve piping hot on hot steamed rice.

Mrs. Felix Mendel, Jr.

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Cherryville, N. C.

VEGETABLE AND MEAT CASSEROLE

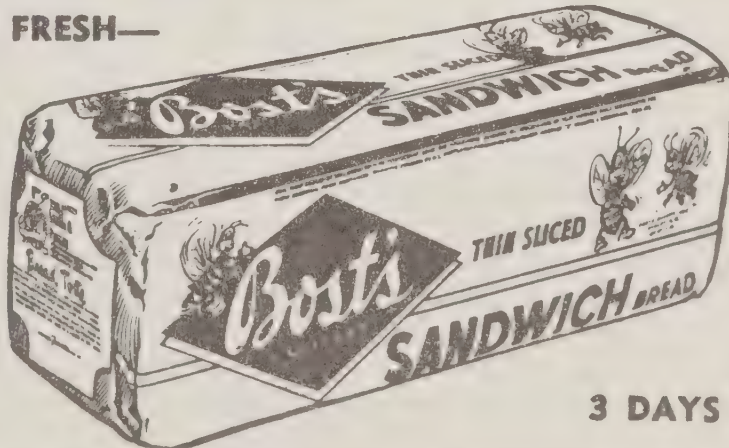
2 medium size onions
4 medium white potatoes
1½ C. corn

1 lb. pork sausage or hamburger
Tomato catsup

Slice cooked onions in layer in bottom of casserole or baking dish. Peel potatoes and slice (after having been boiled for 15 to 20 mins. or until tender). Place a layer of potatoes on the onions, and a layer of corn on the potatoes. Form uncooked sausage or hamburger into patties and place on top, pouring tomato catsup on top (amount according to taste). Bake in oven 350° to 400° F. for 45 mins. This serves 5.

Miss Mildred Wright

STAYS FRESH—



3 DAYS LONGER

Compliments of

THE VOGUE

DISTINCTIVE APPAREL

219 West Main Ave.

Gastonia, N. C.

MISCELLANEOUS

BAKED APPLE MERINGUE

3 apples (tart)	12 almonds or more (blanched and shredded or ground)
$\frac{3}{4}$ C. sugar	5 T. powdered sugar
6 stewed prunes or 6 red cherries (optional)	1½ t. lemon juice
	1/3 C. water
	2 egg whites

Remove cores from apples and peel about half way. Put in baking dish, sprinkle with sugar. If prunes or cherries are used, put one in each apple, if not leave empty. Pour water in bottom of baking dish. Bake in hot oven (400° F.) until almost soft. Remove and cool slightly. Beat egg whites until stiff. Add 3 T. powdered sugar and continue beating. Add lemon juice and fold in the rest of the sugar. Spread merigue on baked apples. Sprinkle shredded almonds over meringue. Bake in slow oven (300° F. until meringue is well risen and brown). Mrs. T. D. Gurley

CINNAMON APPLES

6 tart apples	2 C. sugar
$\frac{1}{4}$ C. red cinnamon candies	2 C. water

Wash and pare apples, peeling only half way, if desired. Combine sugar, water, and cinnamon candies. Boil 5 minutes. Add apples. Cook slowly until tender. (Stick cinnamon, ground cinnamon, and red food coloring may be substituted for the red cinnamon candies). If desired, apples may be cut in halves or quartered.

Mrs. Ruth Porter

STUFFED BAKED APPLES

4 or 5 large tart apples	1/3 C. pounded or ground almonds
3 T. or more brown sugar	Grated rind of 1 lemon
dash of cinnamon	Favorite flavoring
1/3 C. seedless white raisins	

From the top of each apple cut a slice thick enough to serve as a cover. Core apples and remove inside leaving a shell $\frac{1}{4}$ " thick.

Chop the meat from inside fine. Mix with brown sugar, cinnamon, raisins, almonds, and lemon rind. Add enough your favorite flavoring or wine extract (diluted with water) to make a paste. Stuff apple shells with this mixture and put on cover. Place in a greased baking dish with enough water on the bottom to keep fruit from burning. Bake at 350° F. for about 1 hour, or until tender. Serve hot or cold. May be served with slightly sweetened whipped cream, if desired.

Mrs. Ben R. Rudisill

ITALIAN MACARONI

"Favorite recipe of Mr. Lanny Ross"

Pour over hot macaroni a sauce made as follows:

Heat one tablespoon butter in saucepan, add 2 tablespoonfuls chopped onion, one clove garlic, one tablespoon each of green and red peppers, and cook until onion is clear. Add 1 cup brown stock, 1 cup strained tomatoes, 1 bay leaf, 1 blade of mace, $\frac{1}{2}$ cup chopped dried mushrooms which have been previously soaked in warm water for one hour. Season with salt and paprika, etc., cook steadily 1 hour. Serve grated cheese in separate dish.

STUFFED DATES

Chop equal quantities of nuts, citron, and marshmallows. Cover with wine and let set overnight. Seed dates and put in filling, using two dates to make one stuffed date.

(Favorite recipe of the late Mrs. Clyde R. Hoey).

SCHAUMTORTE (or MERINGUES)

4 egg whites

1 t. vinegar

1 C. sugar

1 t. vanilla

(Using electric mixer)—Put egg whites in mixing bowl and beat on high speed until stiff and dry.

Turn to medium speed, add sugar slowly and continue to beat until all the sugar is added. Then add vanilla and vinegar while still beating. Drop by spoonfuls on brown paper on a cookie sheet. Bake at 275° F. for 1 hour. Remove from paper as soon as they come out of the oven. Break top off and fill with whipped cream, fruit, or ice cream. Wonderful!

Mrs. J. Ben Dellinger

HOME FRIED POTATO CHIPS

Cut with a regular slicer or very sharp knife, medium size and well matured white potatoes into slices as thin as possible. Place them in cold water and let stand for an hour before frying. Remove from water and place between towels to absorb as much moisture as possible. Have ready frying kettle and basket. Have fat deep enough to cover potatoes in basket. Test heat of fat (if you have no deep fat thermometer) by putting in a small piece of bread which should brown in about 40 seconds. If a thermomter is used, it should register 400° F. Place a layer of potato slices in the basket. Lower basket carefully, lifting up and down until excessive bubbling stops. Let chips brown delicately—about 1 to 1½ minutes. Fry only a few chips at the time, as too many chill the fat and do not fry crisp. Drain in basket and then on crumpled absorbent paper. Sprinkle with salt at once.

Mrs. M. A. Stroup

HARD SOAP

4 lbs. strained grease

1 can Red Devil Lye

1/3 C. ammonia

3 T. borax

2 T. sugar

1 t. salt

Melt grease and strain. Dissolve borax, sugar and salt in the ammonia which has been added to ¼ cup water. When dissolved, stir into the grease. Put lye in 1 quart of cold water and stir until dissolved. Let grease and lye stand until lukewarm and then pour the lye mixture into the grease slowly, stirring all the while until the mixture thickens. Pour into molds and when thoroughly cold, it is ready to use.

Mrs. L. L. Summer

Compliments of

BASIL L. WHITNER

LAWYER

Gastonia, N. C.

WHIPPED CREAM

1½ t. plain unflavored gelatine

1 C. well chilled light cream

¼ C. cold milk or water

1. Soften gelatine in cold liquid.
2. Set over hot water and stir until thoroughly dissolved.
3. Pour cream into a fairly deep, narrow bowl, making sure it is deep enough so cream covers at least ¾ of the "beaters."
4. Stir in dissolved gelatine gradually.
5. Set bowl in pan of ice and water and let stand 5 minutes, stirring around edges several times.
6. Leaving bowl in ice and water, beat with rotary beater 5 minutes; cream will be light and fluffy but will not be stiff enough to peak.
7. Let stand 1 to 2 minutes more in ice water, stirring gently. Cream will thicken and become stiff enough to peak.
8. May be sweetened and flavored to taste. Also may be served immediately or kept in refrigerator or cold place until ready to serve. If let stand, stir until smooth again before using. The texture of this cream improves upon standing in the refrigerator for about one-half hour. Stir until smooth and serve.

Mrs. J. W. Payne

WHIPPED CREAM

The proper method of whipping cream is to have it as cold as possible, stand the cream bowl in a bowl of iced water or cracked ice, use a Dover beater, and turn moderately fast with an even motion.

Do not add sugar or flavoring until just before cream is of desired consistency and do not whip too thick.

TO FLAVOR WHIPPED CREAM

While whipped cream is delicious unflavored on very sweet desserts, it becomes a dish for the gods when delicately treated.

Powdered or confectioners' sugar, two tablespoons to half pint of cream, and half teaspoon vanilla is always good.

Grated orange peel added to the cream after sugar has been added gives a wonderfully tasty cream.

A few drops of almond flavoring to sweetened cream gives a "foreign touch." This is ideal for topping fresh or canned sliced peaches.

The art in flavoring whipped cream is the use of very little sugar or extract--just enough to make it taste intriguing.

WHIPPED CREAM FOR FROZEN SOUPS

To stiffly whipped cream add a few grains of salt. This is especially good to top frozen soups, consomme, etc.

QUEEN CITY TRAILWAYS

QUEEN CITY COACH CO.

Charlotte, N. C.



PIES AND CUSTARDS

CRUMBLE APPLE PIE

- | | |
|------------------------------------|--|
| 5 medium apples, peeled and sliced | $\frac{1}{2}$ C. brown sugar |
| $\frac{1}{2}$ C. granulated sugar | $\frac{1}{4}$ t. salt |
| 1 t. cinnamon | $\frac{1}{2}$ C. melted butter (Coble's) |
| Softened butter (Coble's) | 3 t. water |
| 1 C. sifted White Goose flour | |

Place apples in layers in a greased 9" pie pan. Sprinkle with sugar and cinnamon. Dot with softened butter.

Combine flour, sugar, and salt. Mix in melted butter and water. Divide dough into three parts. Pat each part out into a strip the size of your hand. Lay strips side by side over apples. (This will spread a little during the baking and form a crust).

Bake at 300° F. for about 45 minutes, or until browned. Remove servings from pan with a spatula. Top with vanilla ice cream or whipped cream. About six servings.

Mrs. Elaine A. Dellinger

FRIED APPLE (Half Moon) PIES

Cook dried apples until tender and done. Drain off all juice, mash well, and sweeten to taste. Roll pastry dough to desired thickness. Cut out circles of the pastry, using a sauce and a knife. On one side of each circle of pastry put a large tablespoonful of the cooked fruit. Fold over the other side of the circle to make a half moon shape. Using the tines of a fork, press the edges together. Fry in deep hot fat until brown on both sides. Sprinkle with confectioners' sugar. Dried peaches and apricots are also very delicious prepared in this manner.

Mrs. Milton Gold

APPLE PIE

- | | |
|--|-----------------------------------|
| 5 or 6 tart apples | $\frac{1}{4}$ t. salt |
| $\frac{3}{4}$ C. or more sugar (depending on your taste) | 1 t. lemon juice |
| $\frac{1}{2}$ t. cinnamon | 1 $\frac{1}{2}$ T. Coble's butter |

Pare and slice the apples and arrange in unbaked pie shell until full. Mix the sugar, salt, and cinnamon and sprinkle over apples. Dot with butter. Sprinkle lemon juice over apples. If necessary 2 or more tablespoonsful of water may be added to make a juicier pie. Add the top crust, making slits in it to allow the steam to escape. A little granulated sugar may be sprinkled over the top along with dots of butter. This makes a richer and tastier crust. Bake in a moderate oven 45 mins. to 1 hour, or until done. Delicious. May be served with vanilla ice cream on top.

Mrs. Howard Allran

DUTCH APPLE PIE

5 or 6 tart apples
1 C. sour cream
1 C. brown sugar
½ C. granulated sugar
1 t. cinnamon

2 T. White Goose flour
1 T. Quick Tapioca
½ C. seeded raisins may be added, if desired.

Pare and slice apples. Combine the flour and tapioca and pat into bottom and sides of unbaked pie shell. Place apples in pie shell. Combine cream, sugar and cinnamon and pour over the apples. Add top crust, and bake 1 hour or until done in a moderate oven.

Mrs. T. D. Gurley

BANANA CREAM PIE

½ C. sugar
5 T. White Goose flour
¼ t. salt
2 C. milk
2 egg yolks, slightly beaten

1 T. Coble's butter
½ t. vanilla
3 ripe bananas
1 baked 9 inch pie shell

Combine sugar, flour and salt in top of double boiler. Add milk slowly, mixing thoroughly. Cook over rapidly boiling water until well thickened, stirring constantly. Cook 10 mins. longer, stirring occasionally. Stir small amount of hot mixture into egg yolks; then pour back into remaining hot mixture while beating vigorously. Cook 1 min. longer. Remove from heat and add butter and vanilla. Cool. Peel and slice bananas into pie shell and cover immediately with filling. Top with meringue or sweetened whipped cream.

Courtesy, United Fruit Co.

BANANA-ORANGE CHIFFON PIE

2 t. granulated gelatine
¼ C. orange juice
1 C. mashed ripe bananas
(2 to 3 bananas)
1½ T. lemon juice
1 t. grated orange rind
½ t. salt

3 egg yolks, slightly beaten
5 T. sugar
½ C. orange sections cut into small pieces
3 egg whites
1 baked 9 inch pie shell

Soften gelatin in orange juice. Mix together bananas, lemon juice, orange rind, salt, egg yolks and 2 T. sugar. Cook over low heat, stirring constantly, until mixture is thickened. Remove from heat, add gelatin and stir until dissolved. Cool. Add orange sections and mix well. Beat egg whites until foamy, add remaining sugar and continue beating until stiff. Fold in banana mixture. Turn into pie shell. Chill until firm.

Courtesy, United Fruit Co.

BERRY COBBLER

1½ C. White Goose flour
2 t. baking powder
1 t. salt

4 T. fat
1 egg beaten
2/3 C. milk

Mix flour with baking powder and salt. Cut in fat, lightly mix in egg and milk and pour over berries.

Berries (your choice)
2 C. berries
1 T. White Goose flour
1 T. lemon juice

2/3 C. sugar
¼ C. water
2 T. Coble's butter

Mix ingredients and pour into buttered baking dish. Cover with crust, bake 30 to 40 minutes in moderate oven. Serve either warm or cold.

Mrs. L. Edwin Rudisill

BROWN SUGAR PIE

- | | |
|--|----------------------------|
| 1 C. brown sugar (or half and half
brown and white sugar) | 2 T. melted Coble's butter |
| 1 egg | 3 T. sweet milk |
| 1 T. White Goose flour | 1 t. vanilla |

Mix all ingredients and beat well. Pour into unbaked pie shell and bake.

Mrs. John Beach

CARAMEL CUSTARD

- | | |
|------------------------|---------------------|
| 2 C. brown sugar | 1½ C. sweet milk |
| 2 T. White Goose flour | ½ C. Coble's butter |
| 4 eggs | 1 t. vanilla |

Cream butter and sugar until smooth. Add one whole egg and three yolks. Add milk and mix thoroughly. Bake in crust until golden brown. Beat the three egg whites stiff, gradually adding 3 tablespoons sugar. Replace in oven and brown lightly.

Mrs. Julia Hall

CHERRY SUPREME PIE

- | | |
|---|-----------------------------|
| Bake 1 - 9" pie shell—brush with melt-
ed Coble's butter | ¼ t. salt |
| 1 can sour pitted cherries (drain well) | 2 C. milk |
| Custard: | 2 egg yolks slightly beaten |
| ½ C. sugar | 1 T. Coble's butter |
| 5 T. White Goose flour | ½ t. vanilla |

Combine sugar, flour and salt; add milk slowly, mixing thoroughly. Cook until thick stirring constantly. Add hot mixture slowly to egg yolks. Cook until thick. Add butter and vanilla. Cool. Put cherries into pie shell; pour in custard. Top with meringue. Bake until meringue is well browned.

Mrs. Felix Mendel, Jr.

CARAMEL RHUBARB PIE

"Favorite recipe of Miss Gracie Allen"

Clean 2 pounds rhubarb and cut in 2-inch pieces. Arrange in layers with ½ cup of brown sugar in bottom of deep, well-buttered casserole. Mix 1 cup brown sugar, ½ cup flour and ½ cup butter until ingredients look like corn meal. Fold over top of rhubarb and bake in moderate oven for 40 minutes.

CHESS PIES

"Favorite recipe of Mrs. J. M. Sharp, Mother of Judge Susie Sharp, First Woman Judge of North Carolina." Mrs. Sharp is famous for her "Chess Pies." Here is her recipe:

- | | |
|-----------------------------------|---|
| 14 egg yolks | ½ lb. Coble's butter (more if liked
very rich) |
| 2 C. brown sugar | |
| 2 C. white sugar | 14 whites of eggs for meringue |
| grated rind and juice of 2 lemons | |

This makes about 32 chess pies.

1 qt. White Goose Flour made into your favorite pie crust. Shallow muffin pans are better than deep ones.

To make:

Put egg yolks, sugar, butter, lemon rind and juice into mixing bowl. Have butter soft. Chop, **but do not beat**, until mixed. Fill muffin pans half full. Bake at 450° F. until done. Cover with meringue, made by adding 1 tablespoon (rounded) of sugar to each egg white. Bake at 325° F. until brown, about 20 mins. required to cook meringue.

FOUR EGG CHESS PIE

2 C. brown sugar	4 eggs
2 T. White Goose flour	4 T. milk
½ t. salt	1 t. vanilla or lemon flavoring
½ C. Coble's butter	

Mix all ingredients together. Pour into unbaked pastry shells. Bake in a moderate oven until set and well browned. Cover with meringue or put the whole egg in pies. This can be used for tart pies or 2 - 8 inch pies.

Mrs. Cliff Stroup

LEMON CHESS PIE

1/3 stick Coble's butter	1 lemon
1 C. sugar	2 eggs

Cream well the butter and sugar. Add juice of lemon, then the beaten egg yolks. Fold in beaten egg whites. Bake at 350° F. in uncooked pastry until done.

Mrs. J. H. Rudisill

CHOCOLATE CHIFFON PIE

1 C. wafer crumbs	below boiling point
3 T. melted Coble's butter	1 C. evaporated milk, chilled to
1 envelope unflavored gelatine	icy stage
¼ C. cold water	½ t. vanilla
2/3 C. chocolate syrup, heated just	Grated Baker's Chocolate

Mix crumbs and butter; press firmly into a well buttered pie plate. Chill one hour. Soften gelatine in water; dissolve in hot syrup; chill until mixture is cold, but not thickened. Whip the evaporated milk until it stands in peaks; fold in flavoring and chocolate mixture. Pour into crumb crust. Decorate with grated chocolate.

Mrs. L. Edwin Rudisill

CHOCOLATE CREAM PIE

3 squares Baker's unsweetened chocolate	2 egg yolks (slightly beaten)
2½ C. milk	2 T. Coble's butter
1 C. sugar	1 t. vanilla
6 T. White Goose flour	1 baked pie shell
½ t. salt	

Add chocolate to milk and heat in double boiler. When chocolate melts beat with rotary beater until blended. Combine sugar, flour and salt. Add gradually to chocolate mixture and cook until thick, stirring constantly; then continue to cook 10 minutes. Pour small amount over egg yolks stirring vigorously; return to double boiler and cook 2 minutes longer. Remove from heat and add butter and vanilla. Turn into baked pie shell. Beat the 2 egg whites, adding 4 tablespoons of sugar, until stiff. Put on top of pie and bake in oven until meringue is browned.

Mrs. John P. Wilson

CHOCOLATE PIE

1 C. sugar	2 T. Baker's Cocoa
2 T. corn starch	

Mix well and add enough milk to moisten. Stir in the yolks of two eggs and 1 cup milk. Cook until thick. Add a few grains of salt, 1 t. vanilla, and 1 T. Coble's Butter. Beat until smooth. Pour into baked pie shell. Top with meringue made of 2 egg whites and 4 T. sugar. Bake until meringue is browned.

Mrs. John Beach

COCOANUT CUSTARD

2 egg yolks

1 T. (heaping) White Goose flour

½ C. sugar

1 C. sweet milk

Coble's butter, the size of an egg

½ C. dry cocoanut

Mix ingredients together and pour in unbaked pie shell and bake. If desired the following meringue may be used as a topping:

Beat 2 egg whites stiff, add a pinch of soda, 2 T. sugar, adding one spoonful at a time and beating well after each addition. Spread on top of pie and brown.

Mrs. John Beach

NEVER FAIL EGG CUSTARD

1 C. milk

3 T. melted Coble's butter

2/3 C. sugar

1 T. White Goose flour

¼ t. salt

2 egg yolks

2 egg whites

Dash nutmeg or any desired flavoring

Melt butter, add sugar. Add flavoring, flour, salt, milk and yolks of eggs. Mix well. Lightly fold in stiffly beaten whites of eggs and pour into unbaked pie shell. Bake 30 minutes in oven 350° to 375° F.

Mrs. John Beach

JELLO ICE BOX CUSTARD

1 pkg. lemon Jello

2 eggs

1½ C. pineapple juice

1 C. sugar

1 can chilled Pet Milk

Beat eggs, add juice and sugar and cook for 10 minutes. Add lemon Jello which has been dissolved in 1 cup of hot water. Remove from heat and cool for 10 minutes. Add the Pet Milk (whipped). Mix and pour in cracker lined pie plates.

Mrs. W. S. Putnam

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in

Cherryville, North Carolina"

ISENHOUR'S T. V. SERVICE

PHILCO

JELLY PIE

4 T. Coble's butter	¼ t. salt
1 C. sugar	2 eggs (separated)
2 T. White Goose flour	½ C. milk
½ C. Jelly (any kind)	1 t. vanilla

- 1—Cream butter, sugar and flour
- 2—Add beaten egg yolks
- 3—Add jelly, salt and milk. Mix well.
- 4—Add stiffly beaten egg whites, folding these in. Add vanilla.
- 5—Bake in unbaked pie shell at 350° F. for 30 minutes or until firm.

Mrs. Mable Nix

LEMON CAKE PIE

1 T. Coble's butter	2 eggs
¼ t. salt	2 T. White Goose flour
1 C. sugar	¾ C. milk
Juice of 1 lemon	

Cream butter, salt and sugar together. Add yolks of eggs, flour, milk and lemon. Lastly fold in the whites of eggs beaten until they hold their shape. Pour into unbaked plain pastry crust and bake in hot oven for 5 minutes, then turn down heat. Bake until custard thickens in center, about 35 or 40 minutes.

Mrs. John Beach

LEMON CHIFFON PIE

1½ C. pineapple juice	2 eggs (beaten)
1 C. sugar	

Stir all together, set on stove and cook a few minutes. Add a package of Lemon Jello and mix well. Cool. Whip 1 pint of ice cold Pet Milk until it is stiff. Pour the first mixture into this, stirring constantly. Pour into crusts made of graham crackers or vanilla wafers. Chill and serve. This makes two pies.

Mrs. L. S. Costner

LEMON PIE (1)

1 C. sugar	2 eggs (may use 3)
4½ T. cornstarch	2 C. water
2 lemons (2 oz. juice)	pinch of salt
1 T. grated rind	1 T. Coble's butter

Mix sugar, cornstarch, salt and lemon juice and rind together. Add yolks of beaten eggs; then add water. Cook until thick. Add butter. Pour into baked pie shell. Beat egg whites until stiff but not dry, add 2 T. sugar for each white. Beat well. Spread over the filling and bake 15 minutes at 375 ° F.

Mrs. Clyde Reynolds

1 PIE SHELL

1½ C. White Goose flour	1 t. salt
½ C. shortening	

Sift flour and salt together. Cut in shortening using knives or pastry blender until a meal like texture. Add sufficient ice cold water to make a soft dough, mixing with a knife. Knead just enough to make a smooth dough. Wrap in wax paper and store in refrigerator until ready to use.

Mrs. Clyde Reynolds

LEMON HONEY PIE (Greek)

Goat's milk cheese is called for in the original recipe and is hard to get except in the foreign markets of our large cities. However, I have used cottage cheese instead of the Goat's milk cheese, and the result is wonderful.

First make a German cookie recipe by mixing:

- | | |
|--------------------------------|-----------------|
| 1 C. White Goose flour | 1 T. shortening |
| $\frac{1}{4}$ C. sugar | 1 beaten egg |
| $\frac{1}{2}$ t. baking powder | |

Sift the flour, sugar, and baking powder together. Using a pastry blender or knives, work in the shortening until a meal-like texture is reached. Add the beaten egg and mix thoroughly. Roll out this dough about $\frac{1}{4}$ inch thick and line a large oblong pan with it.

Filling:

- | | |
|------------------------|--|
| 3 C. cottage cheese | $\frac{1}{4}$ C. sugar |
| 4 T. White Goose flour | $\frac{1}{2}$ C. strained honey |
| 4 T. cream | 4 egg yolks, well beaten |
| $\frac{1}{4}$ t. salt | Grated rind and juice of $\frac{1}{2}$ lemon |
| | 4 egg whites, beaten stiff |

Press the cottage cheese through a sieve, add the flour, cream, salt, sugar, honey and the egg yolks. Mix well and stir until smooth. Fold in the lemon juice and rind, and the whites of eggs, using a spatula. Spread this over the crust in the pan and sprinkle the top with $\frac{1}{4}$ C. sugar mixed with a teaspoon of cinnamon, and $\frac{1}{2}$ C. finely chopped almonds. Bake in a moderate oven until the filling is firm and the crust well browned. This is a delicious pie, something different and most delicious.

Mrs. T. D. Gurley

LEMON PIE MERINGUE

"Favorite recipe of Mr. Fred Astaire"

Mix together 1 cup sugar and $\frac{1}{2}$ cup flour, slowly adding $1\frac{1}{2}$ cups hot water. Place over a fire and cook until mixture is thick and clear, stirring constantly. Add $\frac{1}{4}$ teaspoon salt, 2 tablespoons cooking oil, grated rind of 1 lemon, and juice of 1 large lemon and 3 well beaten egg yolks. Cook a minute longer, remove from fire and pour into baked pie shell. Cover with meringue made by whipping the 3 egg whites until stiff and adding 3 tablespoons sugar. Place in a slow oven until meringue is delicate brown, about 15 minutes.

LEMON PIE (2)

- | | | |
|------------------------|------------------------|--------|
| 1 C. boiling water | $\frac{1}{4}$ t. salt | 2 eggs |
| $\frac{3}{4}$ C. sugar | 1 T. lemon juice | |
| 1 T. White Goose flour | Grated rind of 1 lemon | |

Mix all ingredients together, adding last the lemon juice. Cook over moderate heat until desired thickness is reached. Pour in baked pie shell. Cover with meringue made of 2 whites of eggs, 5 t. sugar, and $\frac{1}{4}$ t. lemon juice. Bake in oven until lightly brown.

Mrs. D. A. Rudisill

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LEMON PIE (3)

- | | |
|----------------------------------|------------------------|
| 1½ C. sugar | 4 T. cornstarch |
| 1/3 C. (scant) White Goose flour | 1 T. Coble's butter |
| 2 C. boiling water | 6 T. lemon juice |
| pinch salt | 2 t. grated lemon rind |
| 4 egg yolks beaten | 1 Baked pie shell |

Blend cornstarch, flour, and sugar. Stir and add to boiling water. Stir constantly for about 5 minutes. Cover mixture and steam 15 minutes. Add butter, beaten egg yolks, cooking only 2 minutes. Remove from fire, add lemon juice and grated rind. When cool, fill baked pie shell, and cover with meringue. Bake until lightly browned.

MERINGUE

- | | |
|---------------------------|------------------|
| 2 egg whites beaten stiff | ½ t. lemon juice |
| 3 T. sugar | ¼ t. vanilla |

Return to oven to lightly brown. For thick meringue, bake in slow oven 300-325° F. for 20 to 30 minutes, depending upon thickness. Then there will be no syrup liquid around edge of pie.

Mrs. D. R. Mauney, Jr.

PEANUT BUTTER PIE

- | | |
|------------------------|------------------------------|
| ½ C. peanut butter | 2 eggs |
| 1½ C. sugar | ¼ t. salt |
| ½ C. White Goose flour | small lump of Coble's butter |
| 1½ C. sweet milk | |

Dissolve peanut butter in ½ cup hot water. Add the beaten egg yolks, sugar and flour, stirring constantly and mix well. Cook until thick (preferably in double boiler). Set aside to cool. Then pour in baked and cooled pie shell. Beat the egg whites light, add ½ t. vanilla, ½ cup sugar, and spread on pie. Brown lightly.

Mrs. R. C. Sharpe

PECAN PIE

"Favorite recipe of Governor J. Strom Thurmond"

- | | |
|-------------------------------|-------------------------------|
| 1 C. chopped pecans | ⅛ t. salt |
| 1 C. dark brown sugar | 1 t. vanilla flavoring |
| 1 C. light corn syrup | 1 T. melted Coble's butter or |
| 1 9-inch unbaked pastry shell | margarine |

Beat eggs until light, add sugar gradually, then the syrup, salt, vanilla, and pecans. Pour into pastry shell and cook approximately 60 minutes in preheated oven at 350° F. Crust should be light brown.

Governor J. Strom Thurmond

EASY PECAN PIE

- | | |
|-----------------------|----------------------------|
| 1¼ C. dark corn syrup | ½ t. salt |
| 2 T. cornstarch | 1 t. vanilla |
| 2 beaten eggs | 2 T. melted Coble's butter |
| ½ C. pecans | |

Mix together all ingredients. Pour in unbaked pie shell. Bake in moderate oven.

Mrs. J. Ben Dellinger

PECAN PIE (1)

- | | |
|----------------------|---------------------|
| 1 C. dark corn syrup | 1 T. Coble's butter |
| ½ C. white sugar | 1 t. vanilla |
| 3 eggs | 1 C. nuts (Pecans) |

Beat eggs slightly, add sugar, syrup, butter, vanilla, and nuts. Pour into unbaked pie shell and bake 10 minutes at 450° F., then turn oven indicator to 350° F. Bake until done. Test as you would egg custard.

Mrs. M. E. Seals

PECAN PIE (2)

- | | |
|-----------------|----------------------------|
| 3 eggs | 2 T. melted Coble's butter |
| 1½ C. sugar | 1 C. dates or raisins |
| 2 T. cold water | 1 C. nuts (Pecans) |
| 2 T. vinegar | |

Beat egg yolks and add sugar. Then add water, vinegar and melted butter. Add dates or raisins and the pecans. Beat egg whites stiff and fold in last. Bake in unbaked pie shell in moderate oven (350 ° F) about 30 minutes.

Mrs. Heman Hall

PECAN PIE (3)

- | | |
|------------------|---------------------|
| 3 eggs | 1 t. vanilla |
| 1½ C. corn syrup | pinch of salt |
| 1 C. pecans | 1 T. Coble's butter |

Melt butter and mix with syrup; add well beaten eggs, salt, and vanilla. When mixed, add the chopped pecans. Turn into pie plate lined with pastry. Bake in moderate oven until firm.

Mrs. D. O. Rudisill

PINEAPPLE CREAM PIE

- | | |
|--|-------------------------------|
| ½ C. sugar | 1 9-inch baked pie shell |
| ¼ C. White Goose flour | ¼ C. milk |
| 3 egg yolks (well beaten) | 2 T. Coble's butter |
| 1 can No. 2 size crushed pineapple (drained) | ¼ t. vanilla |
| 1 C. pineapple juice | 3 egg whites (stiffly beaten) |
| | 3 T. sugar |

Combine ½ cup sugar and flour, sifting together. Add gradually to egg yolks and beat until creamy. Mix the pineapple juice saved from draining the pineapple with the milk, and add gradually to the first mixture. Cook in double boiler, stirring constantly, until desired thickness. Remove from fire and add butter and vanilla. Cool. Add the pineapple and pour into pie shell. Top with meringue made by adding 3 T. sugar gradually to stiffly beaten egg whites. Bake at 350° F. until lightly browned.

Mrs. L. Edwin Rudisill

SWEET POTATO PIE

- | | |
|--------------------------|--------------------------------|
| 2 T. shortening (melted) | 1 t. grated orange rind |
| ½ t. salt | 2 C. mashed hot sweet potatoes |
| ½ C. corn syrup | 1 or 2 eggs, separated |
| ¼ C. orange juice | ½ C. milk |

Add shortening, salt, syrup, orange juice, and grated rind to the hot mashed potatoes. Add beaten egg yolks and mix well. Beat. Fold in stiffly beaten egg whites. Pour this mixture into a 9" baked pie shell, and bake in a moderate oven from 30 to 40 minutes.

Mrs. Howard Allran

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Cherryville, N.C.

PUMPKIN PIE

1½ C. cooked or canned pumpkin
¾ C. sugar
½ t. salt
½ to 1* t. ginger
¼ to ½* t. nutmeg

¼ to ½* t. cloves
1 to 1¼* t. cinnamon
3 slightly beaten eggs
1 6-oz. can (¾ C.) evaporated milk
½ recipe for plain pastry

Combine pumpkin, sugar, salt, and spices. Blend. Add eggs and milk. Mix thoroughly. Pour into a 9 inch pastry lined pan. Bake in a hot oven (450° F.) for 10 minutes. Then reduce heat to 325° F. and bake about 50 minutes, or until mixture doesn't adhere to a knife.

* Note variation in spices. With the first measure (¼ t. nutmeg, etc.) you get a golden, mildly spiced pumpkin pie. With the starred measure (1 t. ginger, ½ t. nutmeg, etc.) you get a more richly spiced pumpkin pie. Either is delicious.

Mrs. Carlyle Summer

RAISIN CREAM PIE

¾ C. brown sugar
2 beaten egg yolks
1 T. melted Coble's butter
1½ C. moist, seeded raisins
1/3 C. cream
2 T. vinegar

⅛ t. salt
¼ t. cinnamon
¼ t. nutmeg
2 stiffly beaten egg whites
1 t. vanilla
1 recipe plain pastry

Combine sugar, egg yolks, and butter. Add raisins, cream, vinegar, salt and spices. Fold in egg whites. Add vanilla. Pour into 9 inch pastry lined pie pan. Top with lattice crust. Bake in hot oven (425° F.) for 10 minutes, then reduce heat to 350° F. and bake 20 minutes.

Mrs. Victor Stroup

FRENCH PIE PASTRY

2 C. White Goose flour
½ C. Coble's butter

½ t. salt
Scant ½ C. ice water

Wash the butter under running cold water by squeezing it between the hands for 4 or 5 mins. Add to the flour and salt (which has been sifted together) and with a pastry blender, mix to a coarse meal consistency. Add the ice water and with a spoon or knife mix to a smooth mass of dough. Knead only about ½ minute. (Better pastry is achieved if it is not handled too much). Set aside to rest for 15 to 20 mins. Roll out to desired thickness. (This dough is improved if allowed to thoroughly chill before rolling).

FRENCH SWEET PASTRY

2 C. White Goose flour
5 T. Coble's butter
1 unbeaten egg

1/3 C. sugar
½ t. baking powder
Scant ½ C. cold water

Place the flour in a mixing bowl. Wash the butter as in the recipe for French Pie Pastry. Place the butter in the center of the flour and work in with a pastry blender or use finger tips until the flour and butter are well blended. Add the egg, sugar, baking powder, and milk. Work the dough quickly with the hands. As soon as the dough detaches itself from the sides of the mixing bowl, stop working it and let stand at least 15 to 20 mins. before rolling out. This dough is also improved by allowing to become thoroughly chilled before rolling out.

Compliments of

DR. T. C. PAIGE

TART SHELLS AND PATTIES

Use favorite pastry recipe or puff pastry. Roll pastry dough on well-floured board $\frac{1}{8}$ -inch thick. Cut in 5-inch rounds and fit into patty pans or over outside of muffin pans. Bake in very hot oven (450° F.) 10 to 15 mins.

Fluted pans make professional-looking tarts or patties. For 3-inch pans, cut 5-inch rounds of pastry and fit dough over pans. Press another pan over dough into flutes, and bake 5 mins. This will insure a perfectly shaped tart. Remove top pan and bake until delicately browned.

An easy way to make attractive tart shells or patties is to shape them over backs of muffin pans. Fit the dough snugly on pans, pinching into pleats at regular intervals (about 7 pleats). Tarts are sometimes baked with filling as Pecan Tarts. In this case, the pastry is rolled thin, and cut into rounds to fit the patty pans used. Line inside of pan with pastry, pressing it against sides and to the bottom to exclude air. Trim edges and bake.

Jelly glasses and empty spools may be used in making tart shells and patties. Grease slightly before placing on pastry. Put molds on large baking sheet and many may be baked at once.

EXCELLENT PLAIN PASTRY

(Makes 1 Crust; for 2 crust, double recipe)

1½ C. White Goose flour	3 T. ice-cold water
4 T. shortening	½ t. salt

Sift salt and flour together. Cut in shortening with knives or a pastry blender, until a meal like texture is reached. Add the ice-water in several places in order not to get any part too wet. Mix with a spoon into a ball shape. This pastry may be used immediately or kept in the refrigerator until needed.

Mrs. M. A. Stroup

EASY PUFF PASTRY

4 C. White Goose flour	1 t. salt
2 C. Coble's butter	2 eggs
½ C. ice-cold water	1 T. lemon juice
1 T. sugar	

Sift salt and sugar with flour into mixing bowl; using knives or a pastry blender, cut in butter as fine as possible (having the butter very cold). Beat eggs together for 5 mins., add lemon juice to them, add the ice-cold water and mix flour into a stiff dough. Lift dough to a well-floured board, roll out into rectangular shape, fold all 4 sides onto the dough, roll again; repeat this process 4 times. Fold again and wrap in heavy waxed paper and store in refrigerator until thoroughly chilled. Roll out again and use for patties, pie crust, or tart shells.

Mrs. T. D. Gurley

Compliments of

CAROLINA DAIRY

Shelby, N. C.



POULTRY

BARBECUED CHICKEN

Cut young chicken in pieces. Stew until tender.

Sauce:

½ C. vinegar

Juice of 1 lemon

1 t. Tobasco sauce

1 t. Worcestershire sauce

1 t. black pepper

1 t. salt

1 T. dry mustard

1 t. sugar

1 stick (¼ lb.) Coble's butter

Dash of cayenne pepper

Dash of catsup

Mix, let come to a boil. Pour over chicken. Bake in slow oven 1 hour; keep turning pieces of chicken.

Mrs. J. Ben Dellinger

BARBECUED CHICKEN—EASTERN CAROLINA STYLE

Young spring chickens, weighing from 2½ to 3½ lbs. are used. Split down back, remove entrails, wipe clean, sprinkle with salt. Place on boiler, skin side up in slow oven (250° to 300° F.) and let cook until tender, basting frequently with sauce. When done enough, turn chicken back over with skin side up and brown as desired.

Sauce: Melt 1/3 stick Coble's Butter with 2 T. shortening, add hot pepper vinegar to taste. (Chili Sauce may be added, if desired).

Mrs. Frank C. Williams, Farmville, N. C.

BROILED CHICKEN

Young spring chickens only are used for broiling. Split them down the back, remove the entrails and the breast bone, wipe them clean, sprinkle with salt and pepper (as taste demands), and rub well with softened Coble's Butter. Place them on a broiler about 6 inches under the broiler flame or unit. Turn often for the first 20 mins., then cover and reduce oven temperature to 300° F. Cook for 20 mins. Remove cover and turn chicken to let the skin side brown when nearly done. Baste several times with melted Coble's Butter in which a few drops of lemon juice is added. When brown enough and tender enough to suit individual taste, remove from broiler; place on heated platter and spread with Coble's Butter. Garnish with parsley and thin slices of lemon. Serve with steamed fluffy rice, cole slaw, and cranberry sauce.

Mrs. T. D. Gurley

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Cherryville, N. C.

CHICKEN PIE

Cut and disjoint two or more young tender chickens, weight of each chicken not more than 2 lbs., and boil slowly in 2 C. boiling water until tender. Line a deep casserole with rich pastry. Place a layer of fowl on the bottom, dot with 2 to 3 T. Coble's Butter, a little salt and pepper, then put a layer of sliced hard boiled eggs; then another layer of fowl, dot with butter, sprinkle with salt and pepper, and another layer of sliced hard boiled eggs. Pour over all the stock left from boiling the chickens. Completely spread over whole casserole a rich pastry. Bake in a moderate oven 45 to 50 mins. or until crust is thoroughly done and is well browned.

Mrs. M. A. Stroup

SOUTHERN CASSEROLE CHICKEN

Wash and cut chicken in serving pieces. Broil slightly on all sides. Place in casserole surrounding with new green peas, tender string beans, small onions and carrots. Add a bit of garlic, if desired. Cover with half cr  am and half milk, and simmer in a slow oven for 2 to 2½ hours. Serve with steamed fluffy rice. This is wonderful.

Mrs. T. D. Gurley

CASSEROLE CHICKEN WITH MILK

Cut a 3 to 3½ lb. chicken in serving pieces. Sprinkle with salt and pepper and roll in flour or fine bread crumbs. Saute (fry) in Coble's Butter until golden brown on all sides. Arrange pieces of chicken in a casserole and cover with scalded milk. Add 2 to 3 T. melted Coble's Butter, and pour over the drippings left in the frying pan. Cover and bake in moderate oven until chicken is very tender. Thicken the liquid with a little White Goose Flour and milk stirred together until smooth. Serve in casserole in which chicken was cooked.

Miss Lucy Harrelson, Beam's Inn

CREAMED CHICKEN A LA KING

4 T. Coble's butter, melted	2 egg yolks
2 T. White Goose flour	2 T. lemon juice
1½ C. milk (hot)	1 pimento cut in slivers or strips
1 C. mushrooms	1½ t. salt
¼ C. chopped green pepper	1 t. paprika
1½ to 2 C. chopped breast and white meat of cooked chicken	

Make a cream or white sauce by blending butter and flour, and adding the hot milk. Cook in top of double boiler, stirring until thickened. Saute (fry) mushrooms and add to sauce along with the chopped green peppers, and chicken. Beat egg yolks until lemon colored, add the seasonings, and add to rest of mixture. Heat until boiling point is reached, and let simmer slowly for 10 to 12 mins. Serve on toast or in patty shells.

Mrs. Milton Gold

CHICKEN (Hen) OR BEEF CURRY

(Native dish of India)

2/3 C. chopped onion	1 hot pepper (chopped)
2 C. chopped celery	2/3 T. curry powder (more if desired)
¼ green pepper (chopped)	

Combine the above and brown in a heavy pan, using fat from the meat. Cut chicken (or 3 lbs. beef) in pieces. Put in pot with water to cover. Add the brown seasonings, salt and pepper to taste. (½ to 1 C. cocoanut milk gives a delicious flavor). Cook until meat is tender. Serve with plenty of steamed fluffy rice, a pineapple salad, hot rolls and coffee.

Mrs. D. R. Mauney, Jr.

EUROPEAN STYLE FRIED CHICKEN

1 Fryer, Dressed
Salt and pepper
2 cloves garlic

Buttermilk
White Goose flour

Disjoint chicken, wash thoroughly, and drain well. Pound 2 cloves of garlic to a paste. Rub each piece of chicken with this paste; salt and pepper each piece. Place the chicken in an oiled bag and keep in the refrigerator overnight. Next day wash the chicken thoroughly and drain well. Salt and pepper to suit taste. Dip each piece in buttermilk and dredge with flour. Fry in deep hot fat until a golden brown.

Mrs. Felix Mendel, Jr.

SOUTHERN FRIED CHICKEN

1 Fryer, Dressed
Salt and pepper
1 beaten egg

3 to 4 T. milk
White Goose flour
Deep fat for frying

Disjoint chicken, wash thoroughly, and dry well. Beat egg and milk together and add salt and pepper to suit palate. Dip each piece of chicken in the egg-mixture, dredge thoroughly in flour. Fry in deep hot fat until a golden brown. Drain on crumpled absorbent paper. To 3 tablespoonfuls of the fat drippings, add 1½ tablespoonfuls of flour. Brown, then add sufficient liquid (half milk and half water) to make gravy of desired thickness. Add salt and pepper to taste. Serve in separate container with the crisply fried chicken.

Mrs. Fred Day

SOUTHERN FRIED CHICKEN

"Favorite recipe of Mr. Jack Benny"

Take a 3 pound young chicken, cut up as for frying. Salt and roll in flour, put ½ cup of melted butter in baking pan. Place chicken in pan and cover with sweet milk; sprinkle with pepper. Bake until tender, turning so it will brown on all pieces.

CHICKEN GUMBO

3 to 3½ lb. chicken, cut in serving pieces

Salt, pepper

Flour for dredging

Pork fat for frying

½ onion, finely chopped

Sprig parsley (minced)

4 C. sliced okra, canned or freshly cooked

¼ pod red (hot) pepper

1 pimento, chopped

1½ C. canned tomatoes

3 C. boiling water

1 C. boiled rice

Sprinkle chicken with salt and pepper, and dredge with flour. Saute (fry) in pork fat. Remove chicken. Fry onion in fat remaining in pan, add okra, parsley, pimento, and finely chopped hot pepper, and cook slowly 15 mins. Add to chicken with tomatoes, water, and 1½ t. salt. Cook slowly until chicken is tender, and add rice. Serve piping hot.

Mrs. Felix Mendel, Jr.

CHICKEN LIVER AND MUSHROOMS

"Favorite recipe of Mr. Herbert Marshall"

Use 1 cup mushrooms which have been peeled and washed. Saute the mushrooms in 3 tablespoons of butter. Parboil 12 chicken livers and add them to the sauted mushrooms. Season with salt and pepper and serve on toast with the butter which the mushrooms were cooked. Use only top of mushrooms.

"Favorite recipe of Mr. Franchot Tone"

CHICKEN & OYSTERS A LA METROPOLE

One-fourth cup butter, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, 2 cups cream. Use these to make a thick cream sauce. Now add two cups cold chicken (cut up finely), dice one pint of cleaned and drained oysters, and add to mixture. Cook until oysters are plump and serve with sprinkled $\frac{1}{3}$ cup finely chopped celery.

(From the "Governor's Mansion" in Albany, N. Y.—Favorite Recipe of Governor and Mrs. Thomas E. Dewey and Family).

CHICKEN MARENGO

1½ C. very strong soup stock	3 sprigs parsley
3½ to 4 lb. chicken	2 sprigs thyme
Salt, pepper	1 bay leaf
½ C. olive oil	1 T. White Goose flour
1 small onion, peeled	4 T. tomato paste
¼ lb. sliced mushrooms	1 C. croutons

Have chicken cut in pieces for serving. Clean and wash thoroughly. Sprinkle with salt and pepper. Heat olive oil in heavy frying pan. Add chicken and cook over low heat until lightly browned, turning frequently. Add onion, parsley, thyme and bay leaf. Cover and cook over low heat until chicken is almost tender. Uncover, sprinkle with flour, coating each piece of chicken; cook 2 minutes until flour is browned. Stir in tomato paste and mushrooms. Cover and simmer 5 minutes, until chicken is tender. Remove onion and serve on hot platter garnished with croutons.

MARYLAND CHICKEN

2 young chickens, cut in pieces for serving	1/3 C. melted Coble's butter
Salt, pepper	1 egg, slightly beaten
White Goose flour	Soft crumbs
	2 C. White Sauce (made from cream)

Sprinkle chicken with salt and pepper, drip in flour, then in egg diluted with 1 T. water or milk, and roll in crumbs. Place in a well greased baking dish or casserole. Bake 35 to 60 mins. in hot oven (400° F.), basting after first 5 mins. with butter. Serve with white sauce.

Mrs. R. J. Allran

CHICKEN PILAU

1 hen or two fryers	2 C. rice
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Cut up chicken or chickens, and salt lightly. Boil in enough water to cover well until thoroughly tender, and not more than a cup of water remaining in the pot with the chicken.

Boil the rice ten minutes in well salted water; pour in colander and rinse all starch out well. Add to chicken, stir in thoroughly, and let steam until done. Season with black pepper.

Mr. George W. Davis, Farmville, N. C.

PRESSED CHICKEN (1)

Favorite recipe of Mr. & Mrs. Basil L. Whitener, Gastonia, N. C.

1 3-lb. chicken, cooked well	1 can pimento
6 boiled eggs	
Grind and mix together the heretofore referred to ingredients.	
2 T. gelatine dissolved in $\frac{1}{4}$ cup cold water	1 C. hot broth from chicken
	1 C. mayonnaise

Salt, pepper, juice of 1 lemon, and vinegar to taste.

Place in molds and allow to congeal.

PRESSED CHICKEN (2)

1 Hen
6 Hard boiled eggs
1 pt. chopped celery

1 pt. bread or cracker crumbs
Salt and pepper

Boil the chicken until thoroughly done in water, so that when finished there will be about 1½ pts. of liquid. Grind the chicken and the egg whites. Mash the yolks and add to the mixture. Add the crumbs and celery. Season to taste with salt and pepper. Mix together well, and then add the chicken liquor. Mix well. Put in a wet mold and allow to stand overnight in the refrigerator with a small weight over top of chicken mixture. Turn out when ready to use. Slice and serve.

Mrs. L. Edwin Rudisill

ARROZ CON POLLO (Rice with Chicken)

Cook together for sauce:

1 Carrot
1 clove or garlic
4 tomatoes
2 green onions
2 green peppers
1 t. salt
⅛ t. black pepper
1 T. chopped parsley
1 bay leaf
3 C. water

Ingredients for Frying:

10 T. Wesson oil
1 3-lb. chicken
½ C. tomato paste
1½ T. salt
4 cloves garlic
1 chopped onion
1 red pepper (sweet)
1 C. dry wine
1 can sugar peas
1 can pimento
2 C. rice

Cut chicken up and use the back, heart, neck, liver, etc., for the sauce, cooking all ingredients together until the liquid is reduced to 2 cups.

In the oil, fry the chicken until it is brown. Remove chicken and fry onion, pepper, and the garlic. Then add the tomato paste, wine, the liquid from the peas and pimentos, and the 2 cups of liquid from the sauce.

Add chicken to this mixture and when it boils add uncooked rice. Cover and cook in oven at 425° F. for 40 mins. Turn off oven and leave for 20 mins. more. Garnish with pimentos and peas.

Mrs. Virginia Beam Passage, Barranquilla, South America

ROAST CHICKEN

Choose a nice plump 4½ to 5½ lb. roasting chicken. Singe; then thoroughly clean and wash the fowl inside and out, rubbing the skin with baking soda and washing this off well with cold water. Drain and dry thoroughly; then truss and stuff (using favorite dressing or stuffing). Place breast side down on a trivet or wire rack in an open roasting pan, brush with melted butter or liquid chicken fat (fry fat from chicken), and bake in a moderate oven 325° to 350° F.) allowing 40 to 50 mins. to the pound (the larger the bird, the shorter is the time per lb.). When cooking time is half over, turn chicken on its back and brush again with butter or chicken fat. (If breast, thighs, etc. brown too fast, cover with heavy brown paper fastened with a tooth pick inserted into the crop stuffing). Remove paper and trussing twine before placing chicken on platter to serve.

Mrs. Fred Day

Compliments of

**CAROLINA FREIGHT CARRIERS
CORPORATION**

ROAST CHICKEN, STUFFED WITH RICE

Dress and clean 1 large, or 2 small baking hens. Salt and pepper inside and out. Stuff with this dressing:

2 C. steamed rice	½ bunch celery (chopped)
2 T. olive oil	3 medium onions (chopped)
3 slices bacon	1 small green pepper (chopped)
Liver & giblets	1 can mushrooms
2 garlic cloves (chopped fine)	1 egg
Salt and pepper	

Brown bacon slightly in olive oil; add other ingredients (with exception of egg). (Garlic may be omitted, if not liked). Cook about 5 mins. or until mixture is well blended. Add to steamed rice with beaten egg, mix well and stuff bird. Arrange 2 slices uncooked bacon across the breast, place bird on back of greased rack in uncovered roaster. Bake in moderate oven (400° F.) until bird is tender and well browned, basting every 15 or 20 mins. with mixture of one-half Coble's Butter and one-half boiling water. (Turkey is also delicious with this dressing).

Mrs. Fred Houser

STEWED CHICKEN WITH DUMPLINGS

3½ to 4½ lb. stewing or roasting chicken	½ t. salt
2 t. salt	¾ C. milk
1½ C. White Goose flour	1 egg, beaten
3 T. baking powder	1 t. minced parsley, if desired

Wash chicken thoroughly and cut up in serving pieces. Sprinkle lightly with salt, and barely cover with cold water. Bring to a boil, then reduce heat to simmer until tender, from 1½ to 2 hours, depending on the age and toughness of fowl. Twelve to fifteen minutes before chicken is done and ready to serve, drop in dumplings made as follows:

Sift flour, salt and baking powder together two or three times, add the milk and egg which has been thoroughly mixed together. Blend together quickly but thoroughly. Add minced parsley, if desired. Dip a spoon in the chicken liquid and then in the dumpling mixture and drop a spoonful on the chicken. (Moistening the spoon in this manner prevents sticking of dumplings.) Drop all dumplings in quickly; replace cover, and cook 12 mins. Remove dumplings and chicken to large heated platter. Pour the thickened chicken liquor over all. Serve hot. Egg noodles may be used in place of the dumplings.

Miss Dot Mauney

Compliments of

TOWN OF CHERRYVILLE

ROAST TURKEY WITH STUFFING

"Favorite recipe of Mr. S. S. Van Dine"

"The turkey," says Mr. Van Dine, wagging his head sagely, "is by nature a most flavorless bird. Venerable American classic though it may be it's not fit for a civilized palate unless cooked with great finesse," and so we pass on the maestro's suggestion anent the proper preparation of the bird.

Buy your turkey two days before you plan to serve it. Loosen the skin all over the breast, and with a flat knife, insert a generous layer of thick chestnut and onion paste (3 medium onions and $\frac{1}{2}$ lb. chestnuts ground together and seasoned with salt) between the loosened skin and the meat. Put the turkey on ice for two days. During this time the flesh will thoroughly absorb the flavor of chestnuts and onions. Leave the paste under the skin when you cook the turkey. Cover it with strips of bacon and fill it with stuffing before you put it in the oven. Cook it slowly and baste it frequently until it is well roasted and fragilely tender.

Stuffing:

3 T. butter

1 lb. mushrooms, chopped

1 T. chopped parsley

1 medium onion, chopped

4 slices stale bread

$\frac{3}{4}$ C. milk

$\frac{1}{2}$ lb. chopped veal

3 eggs

1 t. Worcestershire sauce

Salt, pepper, paprika

$\frac{1}{2}$ C. sour cream

3 C. bread crumbs

This amount is sufficient for a ten or twelve pound turkey.

Melt the butter in a saucepan; add the mushrooms, parsley, and onions. Cover and cook for about 5 minutes. Soak the bread slices in the milk, squeeze dry and break in small pieces. Add the beaten eggs and Worcestershire sauce to the chopped veal and mix with the above ingredients. Sprinkle liberally with salt, pepper, and paprika. Soak the bread crumbs in the sour cream for about 10 minutes and mix with the other components. Use as a stuffing for the turkey.

ROAST TURKEY

Dress, clean, stuff and truss. Place on rack in dripping pan. Rub the entire surface with salt and pepper. Spread breast, legs and wings with a paste made from thoroughly combining $\frac{1}{3}$ C. Coble's Butter with $\frac{1}{4}$ C. White Goose Flour. Dredge bottom of pan with flour. Place in hot oven 450° F. When flour on turkey begins to brown, reduce heat— 350° F., and baste every 15 minutes until turkey is cooked (about 3 hours). For basting use $\frac{1}{2}$ C. Coble's Butter melted in $\frac{1}{2}$ C. boiling water. After this is used baste with the drippings in the pan. Pour boiling water in dripping pan during the cooking process as needed to keep the flour from burning. During cooking, turn turkey frequently to insure an even browning all over. If turkey is browning too fast, cover with buttered brown paper to prevent burning. When done remove from oven. Place on large platter. Remove strings and skewers before serving. Garnish with parsley or celery tips or curls.

Mrs. L. Edwin Rudisill

CHERRYVILLE NURSERY

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Howell Stroup

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Cherryville, N. C.

CREAMED TURKEY

¼ C. Coble's butter
¼ C. White Goose flour
2 C. milk
½ C. turkey broth or gravy

Salt and pepper to taste
2 C. chopped cooked turkey
1 egg yolk, beaten
1 t. minced parsley

Melt butter in saucepan; add the flour and blend. Gradually add the turkey broth to gravy and the milk, stirring constantly. Cook until smooth and thickened, stirring all the while. Add the seasonings and turkey. Fold in minced parsley. Remove from heat, pour a little of the mixture into the beaten egg; return blended egg mixture to the remaining creamed turkey. Mix well. Return to heat but do not cook. Serve piping hot over toast, in patty shells, or over hot pancakes.

Mrs. Howard Allran

TURKEY HASH

2 T. Coble's butter
½ C. celery, chopped fine
2 hardboiled eggs
White Goose flour
Salt and pepper

1 t. minced parsley
2 C. chopped turkey
2 C. turkey stock
(stock may be made by boiling the bones in 2 C. water)

Add the butter to the turkey stock; add the celery and cook until tender. Thicken the stock with White Goose Flour blended until smooth with water. Add the turkey and cook until hash is of desired thickness. Mix in the parsley, and add salt and pepper. Serve on steamed rice or noodles or on toast. Place sliced hard boiled eggs on top.

Mrs. M. A. Stroup

TO BONE A FOWL

Wash and singe the bird, but do not draw it. Take a sharp pointed knife and cut through skin and flesh the whole length of the back; then cut the flesh away from the bones, beginning at the neck, scraping all the meat from each bone as the work proceeds. On reaching the wings, cut them off close to the body, and after the meat is all cut from the carcass of the bird, the leg and wing bones can be more easily removed. These joints can be practically turned inside out, thus making the shape of the bird more symmetrical for stuffing and cooking. In boning, great care should be taken against breaking the skin, especially that of the breast. After boning, birds are stuffed with a savoring dressing, the flesh sewed, skewered, or tied in place over the stuffing and either roasted or braised.

TO CUT UP A FOWL

Dress fowl. Wash carefully. Using a sharp knife, cut off neck. Remove wings by cutting through wing joint close to body. Fold wings by putting tip back of the shoulder joint. Remove legs by cutting through skin close to body. Bend the legs back to separate the joints. Cut through the flesh. Separate thigh from drum stick. Separate breast from back by cutting through the skin just below the breast bone. Insert knife beneath the edges of the breast bone. Follow up the ribs to the shoulder. Dis-joint. Cut through the flesh. Bend the back of the chicken to break the back bone. Cut into back and rib sections. Cut through breast of chicken, separating the portion containing the wishbone from the remainder. Cut remainder of breast in two portions, if desired.

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HOW TO TRUSS A FOWL

Prepare fowl for roasting. Draw skin of neck smoothly over back. Fold wing tips under. Press wings and legs against body. Thread a large needle with white twine. Use double. Press needle through one wing at middle joint, through end of neck skin, and through second wing at middle joint. Pull cord firmly under breast and up across legs and thighs. Draw the legs close together, covering the opening made for drawing the fowl. Cross the string over the legs and tie them to the tail. **Ske-wers may be used to hold wings and legs against body.** If desired, the wings may be folded tightly in position over the folded neck skin and the legs slipped through the vent opening.

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PUDDINGS

APPLE SAUCE PUDDING

1 can apple sauce

Vanilla Wafers

2 T. melted Coble's butter

½ C. sugar

Mix sugar with apple sauce. In a casserole place a layer of wafers and a layer of sauce, alternating until all sauce is used. Top with meringue if desired and bake in slow oven until meringue is risen and brown. Serve either hot or cold. May be topped with slightly sweetened whipped cream, if desired.

Mrs. C. T. Skidmore

APPLE BROWN BETTY

½ to 1 C. sugar

¼ t. cinnamon

¼ t. nutmeg

¼ t. salt

3 T. Coble's butter

1½ C. soft bread crumbs

3 C. sliced or chopped tart apples

¼ C. water

Juice and grated rind 1 lemon

Mix sugar, spices, and salt. More sugar may be necessary if apples are very tart. Butter a baking dish. Put in 1/3 of the crumbs, then half the apples. Sprinkle with half of the sugar mixture. Repeat. Mix water, lemon juice and rind, and pour over. Put on remaining crumbs and dot with butter. Cover and bake in a moderate oven 30 mins. Uncover and bake until tops crumbs are brown. Serve hot with slightly sweetened whipped cream, hard or lemon sauce.

Mrs. L. Edwin Rudisill

BANANA APPLE BETTY

2 tart apples, pared and cored

3 firm bananas, peeled

¾ C. sugar

½ t. cinnamon

¼ t. salt

3 C. soft bread crumbs

3 T. melted butter

Slice apples and cut bananas crosswise into ½ inch pieces. Combine fruit, sugar, cinnamon, and salt. Mix bread crumbs with butter. Place alternate layers of crumbs and fruit into a buttered baking dish, using crumbs for top and bottom layers. Bake at 375° F. for 40 mins. covered. Uncover and bake until crumbs are browned.

(Courtesy United Fruit Co.)

BREAD PUDDING

3 slices bread, cubed

1 T. Coble's butter

¼ t. salt

½ C. brown sugar

½ t. cinnamon

2 C. hot milk

2 eggs, slightly beaten

½ t. vanilla

½ C. raisins

½ C. chopped nuts

Place cubed bread in buttered baking dish. Combine all other ingredients and mix well. Pour over bread cubes, and bake until pudding is lightly browned.

Mrs. Guy Harden

BERRY PUDDING

3 C. fresh berries	$\frac{1}{4}$ t. salt
$\frac{1}{4}$ C. shortening	1 t. vanilla
$\frac{3}{4}$ C. sugar (more or less depending on berries)	1 t. baking powder
1 C. White Goose flour	$\frac{1}{4}$ C. milk
	2 egg whites, beaten

Cream the shortening and stir in $\frac{1}{2}$ C. sugar gradually. Sift the dry ingredients together and add alternately with the milk to first mixture. Fold in the stiffly beaten egg whites. Add vanilla. Mix the berries with the remaining $\frac{1}{4}$ C. sugar, and place in bottom of buttered pudding mold. Pour batter over them and cover tightly. Bake in moderate oven 30 mins. Uncover and bake until top is browned. Serve hot with sweetened whipped cream, if desired.

Mrs. M. A. Stroup

BANANA PUDDING (A Southern Favorite)

2 C. milk	3 to 4 bananas
$\frac{1}{3}$ C. sugar	$\frac{1}{2}$ t. vanilla
1 T. cornstarch	2 eggs
$\frac{1}{4}$ t. salt	

Mix sugar, cornstarch and salt. Add egg yolks, and then pour on scalded milk. Cook in double boiler until custard sets. Line bottom and sides of baking dish with Vanilla Wafers, and then put alternate layers of bananas (sliced in rings), custard and wafers, repeating twice. Make meringue of egg whites, 2 T. sugar, and vanilla. Spread on top. Sprinkle with 3 finely crumbled wafers. Bake in slow oven (300° F.) 20 mins.

Mrs. J. Ben Dellinger

CHOCOLATE SOUFFLE

"Favorite recipe of Mrs. William D. Edwards, 4th District President, The North Carolina Federation of Women's Clubs."

$\frac{1}{2}$ C. sugar	4 egg yolks
$\frac{1}{3}$ C. White Goose flour	4 egg whites
$\frac{1}{8}$ t. salt	$1\frac{1}{2}$ C. milk
$\frac{1}{4}$ C. Baker's Cocoa	1 t. vanilla

Blend sugar, flour, salt, and cocoa. Add yolks and milk. Cook until creamy in double boiler, stirring constantly. Cool. Fold in stiffly beaten egg whites, add vanilla. Pour into buttered baking dish. Set in pan of hot water and bake 50 mins. in 325° F. oven. Serve warm with whipped cream.

STEAMED CRANBERRY PUDDING

1 C. White Goose flour	$\frac{1}{2}$ C. hot water
$\frac{1}{2}$ t. salt	$\frac{1}{2}$ lb. (2 cups cranberries)
1 t. soda	$\frac{1}{2}$ C. White Goose flour
$\frac{1}{2}$ C. light molasses	

Sift 1 C. flour with salt and soda; mix molasses and water and add to flour. Add whole cranberries combined with $\frac{1}{2}$ C. flour. Mix well. Pour into greased double boiler and steam over very low heat 3 hours. Serve with the following Brown Butter Sauce:

Melt $\frac{1}{2}$ C. Coble's Butter over low heat; add $\frac{1}{2}$ C. brown sugar and stir until dissolved. Add $\frac{1}{2}$ C. of cream and 1 t. vanilla. Heat slowly. Serve hot over warm pudding. Serves 6 to 8.

Mrs. Victor Stroup

DATE PUDDING

- | | |
|---|-----------------------------|
| 1 lb. dates (chopped into small pieces) | 2 eggs |
| 1 C. sugar | 1 to 2 T. White Goose flour |
| 1 t. baking powder | 2 T. milk |

Mix well, and add 1 C. chopped nuts. Place in a greased baking dish. Bake slowly about 40 mins. Serve with whipped cream or ice cream.

Mrs. J. Garland Sherrill

DATE PUDDING

- | | |
|--------------------------|------------------------------------|
| 4 large size pkgs. dates | ½ C. fresh orange juice (strained) |
| 2 C. sugar | 2 t. cinnamon |
| 2½ C. nutmeats | 2 t. vanilla |
| 2 C. White Goose flour | 4 t. baking powder |
| 1 C. Coble's butter | 6 eggs |

Cream butter and sugar. Beat eggs and add to butter and sugar. Add flour (sifted with other dry ingredients). Add juice, and mix well. Pour in a greased mold and steam 1½ hours or until done. Be sure to keep pudding covered with oil paper to keep out water. Serve with whipped cream.

Mrs. L. C. McDowell

HUCKLEBERRY PUDDING

(Favorite recipe of Mrs. Anna Eleanor R. Roosevelt) Cut crust from slices of white bread. Line bottom of and sides of casserole or china bowl (size and quantity dependent on number to be served).

Pour in cooked and sweetened huckleberries to cover bottom, then add another slice of bread and more huckleberries, alternating until the dish is filled.

Put in ice box for several hours so berry juice will soak through bread. Serve with plain or whipped cream.

LEMON PUDDING

- | | |
|-----------------------------|---------------------------------|
| 1 C. sugar | 2 eggs |
| 3 full T. White Goose flour | 1 C. milk |
| ¼ t. salt | 1 lemon (juice and grated rind) |

Blend sugar, flour and salt thoroughly. Beat yolks of eggs and add milk, rind and juice of lemon. Blend with dry ingredients thoroughly. Fold in stiffly beaten egg whites. (**Important: do not beat** after whites are added just fold them in, leaving the mixture slightly lumpy). Butter a glass baking dish and fill ¾ full. Set in pan of hot water and bake at 325° F. for 50 or 60 mins., or until a light brown. A delicious dessert.

Mrs. George S. Falls

ORANGE PUDDING

Peel and slice 3 oranges. Lay them in a pudding dish and sprinkle with sugar. Make a custard of ½ pt. milk, yolks of 2 eggs, ¼ C. sugar, and 1 t. cornstarch. When custard is cold, pour over orange slices. Beat the egg whites to a stiff froth, add 1/3 C. sugar, and beat. Pour on custard. Bake in a slow oven until meringue is risen and browned. A delicious dish and so nourishing!

Mrs. W. J. Allran

PERSIMMON PUDDING

1 med. sweet potato	$\frac{1}{2}$ t. salt
$\frac{1}{2}$ gal. persimmons	1 t. cinnamon
4 C. White Goose flour	1 C. sugar
1 t. baking powder	2 eggs (May be omitted)

Grate sweet potato in small amount of milk to keep it from becoming dark. Wash persimmons, mash through a sieve, and add to grated potato. Mix in all the other ingredients, and add enough milk to make a thin batter. Add well beaten eggs, if desired. Pour into greased pans and bake about 45 mins. in 350° F. oven.

Miss Barbara Yount

PLUM PUDDING

(An original recipe)

2 C. stale bread crumbs	$\frac{1}{2}$ lb. suet
1 C. milk	$\frac{1}{4}$ C. fruit juice or Sherry
$\frac{1}{2}$ C. sugar	$\frac{1}{2}$ t. nutmeg
2 eggs	$\frac{3}{4}$ t. cinnamon
$\frac{3}{4}$ lb. seeded raisins (chopped and floured)	$\frac{1}{3}$ t. ground cloves
$\frac{1}{4}$ lb. currants	$\frac{1}{3}$ t. mace
2 oz. finely cut citron	$1\frac{1}{2}$ t. salt

Scald bread crumbs with milk. Let stand until cool. Add sugar, beaten yolks of eggs, raisins, currants, and citron. Chop the suet fine and cream with hands. Combine mixtures. Add fruit juice or Sherry, and spices. Mix well. Fold in stiffly beaten egg whites, folding until mixture is smooth. Turn into buttered mold. Cover and steam 6 hours.

Mrs. Felix Mendel, Jr.

PLUM PUDDING

(Favorite recipe of Miss Kate Smith, "The Song Bird of the South.")

$1\frac{1}{2}$ lbs. seeded raisins	$\frac{3}{4}$ lb. bread crumbs
$\frac{1}{2}$ lb. currants	$\frac{1}{2}$ lb. suet
$\frac{1}{4}$ lb. each candied lemon and orange peel	1 wine glass brandy
$\frac{1}{2}$ lb. almonds	3 eggs

Chop the raisins, wash and dry the currants, and chop the suet fine. Grate the bread crumbs and cut the candied peel into strips. Mix well together, then add the eggs, well beaten, and the brandy; stir all together. Pour into a greased mold, covered with buttered paper, tie down with a well-floured cloth, and boil for 5 hours. The day the pudding is to be served (eaten), put again into boiling water and boil for $\frac{1}{2}$ hour. Serve warm with hard sauce flavored with a tart lemon sauce.

CAROLINA SWEET POTATO PONE

2 C. grated raw sweet potatoes	1 t. nutmeg
1 C. sugar	2 T. Coble's butter
1 C. milk	$\frac{1}{2}$ C. chopped nuts
2 eggs, well beaten	

Peel the raw potatoes and grate, or run through food chopper, using the fine blade. (Chopper is preferable). Measure the grated potatoes and blend thoroughly with the sugar, milk, chopped nuts, eggs, and nutmeg. Pour into a well-greased glass pie plate 10 inches in diameter. Dot the top with the butter. Bake in a moderate oven (350° F.) until set. May be topped with meringue and browned, or served with slightly sweetened whipped cream. Serve in the plate in which it is baked. This is an old-fashioned way of cooking sweet potatoes, but it is delicious. Serves 6.

Mrs. L. L. Summer

SWEET POTATO PUDDING

2 C. grated raw sweet potatoes	½ t. allspice
½ C. syrup	1/3 t. cinnamon
¼ C. brown sugar	½ C. sweet milk
2 small beaten eggs	1/3 C. melted Coble's butter
½ t. cloves	1/3 C. orange juice

Mix all ingredients and pour into a buttered baking dish. Cook over very low heat, stirring constantly, until hot, then bake in a moderate oven (325° F.) for one hour. If a crusty edge forms, it is perfect. Serve with whipped cream.

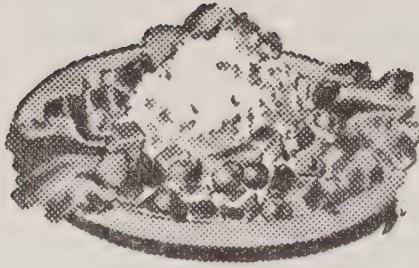
Mrs. J. Ben Dellinger

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SALADS

QUICK AVOCADO SALAD

- | | |
|---------------------------------------|----------------------------------|
| 1 avocado, peeled and cubed | parts French dressing and mayon- |
| 2 medium tomatoes (chopped) | naise |
| 1 small onion (grated) | dash of paprika |
| ¼ C. dressing made by combining equal | |

Mix together all ingredients. Allow to marinate for 30 minutes in refrigerator. Serve on crisp salad greens. Mrs. Howard Allran

CHICKEN SALAD

(Serves 50)

- | | |
|-------------------------------------|---------------------------------------|
| 3 4½ lb. chickens (dressed weight) | 1¼ C. chopped pickle (both sweet & |
| ¾ C. French dressing | sour may be used) |
| 12 hard boiled eggs, sliced | 1 No. 2½ can drained pineapple wedges |
| 5 large bunches celery, diced | 2 C. toasted blanched almonds |
| 2 T. salt | Lettuce, watercress, or desired salad |
| ½ t. black pepper | greens |
| 2½ C. boiled dressing or mayonnaise | |

Cook chicken in water to cover. Season water with a bay leaf, salt, and pepper. (A small onion may be added to the cooking water, if desired). Be sure that the chickens cook at a very low temperature, or they will not be tender. Cook until the meat will almost fall off the bones. Let the cooked chickens stand in the broth to cool. Remove the meat from the bones and dice it in half inch cubes (smaller or larger, if desired). Pour the French dressing over the cubed chicken and let stand an hour or two. (This will give it a most wonderful flavor). Add the eggs, celery, seasonings, and other ingredients except the almonds which should be added just before serving. Chill the salad and serve in lettuce cups or on any other greens you choose. Garnish with the toasted almonds. (The broth or stock which is left will make a wonderful soup. Just add rice or egg nodles, and the chopped giblets, and scraggly pieces of meat from the chicken necks. If the stock is too rich, allow to become thoroughly cold, and excess fat may be removed very easily).

Mrs. T. D. Gurley

COLD HAM WITH EGG SALAD

"Favorite recipe of Mr. James Cagney"

Six eggs boiled hard. Cut in halves and mix the yolks with salt, cayenne and cream to form a paste, stuff whites with this mixture, put on lettuce leaves and cover with mayonnaise. Serve with a slice of cold ham.

CHIFFONADE SALAD

A "Favorite" Recipe of "Oscar," famous maitre d'hotel of the Waldorf Astoria. "Oscar" is one of the most formidable connoisseurs of cooking on this side of the Atlantic. He suggests the following salad suitable to follow a turkey dinner.

Dressing:

- | | |
|------------------------|-------------------------------|
| 1 head lettuce | 2 tomatoes |
| 1 head Romaine | 2 cooked beets |
| 3 or 4 leaves chicory | 4 stalks (cut in long slices) |
| 3 or 4 leaves escarole | |

Take one hard-boiled egg and mash it as fine as possible with a fork; then add 2 pinches of paprika and a pinch of salt, half a teaspoon of dry mustard, a teaspoon of hashed chives, a teaspoon of hashed estragon, 2 tablespoons of oil, and 3 tablespoons of vinegar. Add this to the salad, mix well together and serve.

CONGEALED CHICKEN

- | | |
|----------------------------|--|
| 2 T. gelatine | ½ C. diced celery |
| ¼ C. cold chicken stock | 1/3 C. sliced stuffed olives |
| 1 C. boiling chicken stock | ½ C. shredded almonds (may be omitted) |
| 1 T. lemon juice | 1 t. minced parsley |
| 1½ C. cold diced chicken | Salt and cayenne to taste |

Soak gelatine for 5 minutes in cold stock, add the boiling stock and dissolve. Cool and add the lemon juice. When the gelatine begins to congeal fold in the mixture of chicken, celery, almonds, parsley. Season to taste and pour into a wet mold and chill. Serve on bed of lettuce with mayonnaise or boiled salad dressing. (This may be poured into round paper cartons and when ready to serve, peel off and slice.)

Mrs. Julia Hall

MAYONNAISED CHICKEN

- | | |
|-----------------------------|---|
| 1 hen boiled & diced | 1 C. blanched almonds |
| 1 No. 2 can midget peas | 1 box plain gelatine dissolved in ½ C. cold water |
| 2 C. celery diced | 1 C. hot chicken broth |
| 4 hard boiled eggs, chopped | 1 pt. mayonnaise |
| 1 T. capers | |
| 2 T. chow chow | |

Add dissolved and cooled gelatine to ingredients. Mold in a large flat pan and cut in squares.

Mrs. John P. Wilson

CABBAGE AND CARROT SALAD

Use equal parts of grated carrots and finely shredded cabbage. Mix together with salad dressing, (amount of dressing according to taste). Blend well. Add ground peanuts. Serve on crisp lettuce.

Mrs. C. T. Skidmore

CRANBERRY SALAD (1)

- | | |
|---------------------------|------------------|
| 1 pkg. lemon Jello | 1 apple |
| 1 C. boiling water | ½ orange |
| ½ lb. can cranberry sauce | 1 t. lemon juice |
| ½ C. nuts | |

Dissolve Jello in boiling water and chill. Crush cranberry sauce, grind apple and orange. Combine sauce, lemon juice, nuts and fruits. Add to Jello and pour into molds. Place in refrigerator to congeal. Serve on lettuce. Serves 6.

Mrs. S. D. Kirkpatrick

CRANBERRY SALAD (2)

- | | |
|---|--------------------|
| 1 C. cranberries | 2 C. sugar |
| 1 large can pineapple | 1 C. walnuts |
| 2 T. gelatine (soaked in $\frac{1}{2}$ C. cold water) | 1 C. seeded grapes |

Take juice of pineapple and add enough hot water to make $3\frac{1}{2}$ cups liquid. Pour this over cranberries and cook about 15 minutes. Take from stove and add to gelatine. Add sugar and let cool—add pineapple (cut in cubes), nuts and grapes. Stir thoroughly and pour in molds or pans. Congeal and cut. Mrs. J. D. Hobbs

CRANBERRY SALAD (3)

- | | |
|----------------------|--------------------------------|
| 1 pkg. cherry Jello | 1 C. raw ground cranberries |
| 1 C. hot fruit juice | 1 orange ground fine |
| 1 C. sugar | 1 C. drained crushed pineapple |
| 1 T. lemon juice | 1 C. chopped celery |
| 1 C. pineapple syrup | $\frac{1}{2}$ C. chopped nuts |

Combine in order named. Chill in oiled mold. Serve on lettuce with mayonnaise topping. Mrs. Guy Harden

JELLIED CRANBERRY APPLE SALAD

- | | |
|---------------------------------------|-------------------|
| 1 pkg. lemon Jello | 1 C. chopped nuts |
| 1 C. boiling water | 1 apple |
| $\frac{1}{2}$ lb. can cranberry sauce | 1 t. lemon juice |

Dissolve Jello in boiling water and chill until it begins to thicken. Crush cranberry sauce. Grind apple and orange, leaving skin on. Combine cranberry sauce with fruit, juice and nuts; add Jello. Pour in molds to chill until firm. Serve on lettuce with mayonnaise. Serves 6. Mrs. R. H. Carroll, Mrs. Guy Harden

FRUIT SALAD (1)

- | | |
|-----------------------|--------------------------------|
| 1 large can pineapple | 4 heaping T. White Goose flour |
| 8 bananas | 1 C. pineapple juice |
| 1 pkg. marshmallows | 2 T. butter |
| 2 eggs | |

Cook juice, flour and butter until slightly thickened. Add well-beaten eggs. Cook until thick. Add chopped fruits and marshmallows. Chill and serve.

Mrs. W. D. Brown

FRUIT SALAD (2)

- | | |
|---|---------------------|
| 1 large can pineapple | 1 lb. almonds |
| 1 lb. marshmallows | 1 pt. whipped cream |
| Cut pineapple into small squares, marshmallows into fourths, and almonds into fourths. Then add the following dressing mixture: | |
| 3 egg yolks | 3 T. water |
| 3 T. vinegar | |

Cook in double boiler until mixture thickens. Add $\frac{1}{4}$ t. salt. Mix thoroughly. Last fold in whipped cream. Mix fruit and nut mixture with dressing. Add juice of 1 lemon. Mix, chill and serve.

Mrs. Julia R. Hall

FRUIT SALAD (3)

- | | |
|--|--|
| 1 pkg. lemon Jello | 12 marshmallows (cut in small pieces) |
| $2\frac{1}{4}$ C. heated juice (pineapple, orange
or juice drained from fruit cocktail) | 1 small can fruit cocktail |
| 1 pkg. cream cheese | 1 small pkg. shredded cocoanut |
| 1 T. mayonnaise | 1 C. sliced apples, nuts, cherries or any
other desired fruit |
| $\frac{1}{2}$ C. whipped cream | |

Soften Jello in heated juice. Let set until partly congealed. Add all other ingredients and beat until they are thoroughly mixed. Pour into shallow dish to congeal.

Mrs. Heman Hall

FROZEN FRUIT SALAD (1)

- | | |
|-------------------------------------|---------------------|
| 1 pkg. orange or lemon Jello | 1 C. whipping cream |
| 1 medium size can of fruit cocktail | |

Dissolve Jello in 1 C. hot water and 1 C. juice. Put in refrigerator and let congeal until almost hard, then remove from refrigerator and beat Jello until it is whipped. Fold in 1 C. cream whipped. Mix well and when almost frozen stir well; add fruit to mixture and finish freezing.

Mrs. J. Garland Sherrill

FROZEN FRUIT SALAD (2)

- | | |
|-----------------------------|---------------------|
| 2 T. vinegar | 1 C. whipping cream |
| 2 egg yolks beaten slightly | 2 C. mixed fruits |
| 1 doz. marshmallows | |

Make a syrup by heating the vinegar, egg yolks and marshmallows together. Cool. Add whipped cream and fruits. Then pour into tray and freeze in refrigerator.

Mrs. Hillard R. Harrelson

FROZEN FRUIT SALAD (3)

- | | |
|------------------------------------|----------------------------|
| 1 C. pineapple juice | 4 slices pineapple |
| 2 T. flour—White Goose All Purpose | 2 oranges |
| $\frac{1}{4}$ C. butter | $\frac{1}{4}$ C. nut meats |
| $\frac{1}{8}$ C. sugar | 10 marshmallows |
| $\frac{1}{16}$ t. salt | 8 maraschino cherries |
| 1 egg | 1 pt. whipped cream |
| 2 T. lemon juice | |

Make a paste of flour and pineapple juice, gradually add remainder of juice. Add butter, sugar and salt. Cook in double boiler about 10 mins. stirring constantly. Cool and add lemon juice. Add pineapple, oranges, nuts, marshmallows, and cherries (all cut up). Fold in whipped cream and freeze. Delicious!

Mrs. George Falls

GRAPE GELATINE SALAD

- | | |
|--------------------------------------|-------------------------------------|
| 1 can frozen grape juice concentrate | 6 T. lemon juice |
| 3 grape cans of cold water | $\frac{1}{2}$ C. chopped nuts |
| 2 pkgs. (2 T. Knox's Plain Gelatine) | 1 C. chopped celery |
| $\frac{2}{3}$ C. sugar | 1 C. white cherries (drained)—Royal |
| $\frac{1}{8}$ t. or pinch salt | Anne or Queen Anne Cherries |

Mix 1 can frozen grape juice concentrate with 3 grape cans of cold water, dissolve gelatine in 1 C. liquid. Let stand while heating remaining juice, add sugar, salt, and hot juice. Stir until sugar dissolves; add lemon juice. When mixture begins to thicken, add nuts, celery, and cherries. Pour into rinsed individual molds and chill until firm. Serves 10 to 12.

Mrs. W. B. Rhyne

LAYER FRUIT SALAD

- | | |
|--|--------------------------------------|
| 1 can Royal Anne Cherries
(size No. 2½) | 3 T. Knox Plain Gelatine |
| 1 can pineapple (sliced—size No. 2½) | 2 pkgs. cream cheese |
| $\frac{1}{2}$ C. almonds (blanched) | $\frac{1}{2}$ can pimento (chopped) |
| | $\frac{1}{2}$ t. gelatine for cheese |

Pour juice from fruit into separate bowl. Mix cherries and pineapple which have been diced; add almonds. Soak gelatine in a part of the cold juice and dissolve over hot water. Add remainder of juice. Stir fruit into gelatine mixture. Pour half of the mixture in a loaf shaped mold and let congeal. Cream the cream cheese and add pimento and gelatine which has been dissolved. Spread this over congealed fruit layer. Let stand until set. Pour in remainder of fruit and let congeal. Turn out of mold and slice. Serve on lettuce with mayonnaise. Serves 10.

Mrs. W. B. Rhyne

ORANGE & GREEN LAYER SALAD

(Ribbon Salad)

1st PART:

1 box orange Jello dissolved in 1½ C. hot water. To this mixture add 1 C. grated carrots, 1 small can crushed pineapple and 2 T. French dressing. Pour half of this in pan and let congeal.

2nd PART

1 box lime Jello dissolved in 1 C. hot water. When it begins to thicken add 1 pkg. cream cheese which has been softened with cream or milk, 1 C. whipped cream, 1 C. chopped celery, 1 C. pecans. Pour half of this on congealed part of 1st mixture and then add remainder of 1st & 2nd parts. Makes four layers.

Mrs. C. A. Rudisill

PERFECTION SALAD

2 pkgs. Knox Gelatine

Juice of 1 lemon

4 T. hot water

Let stand 15 minutes

1 large can crushed pineapple added to ½ C. sugar. Let come to a boil. Put this into gelatine mixture while hot. Let cool and add:

1 C. grated cheese

½ C. mayonnaise

1 C. nuts

1 small bottle cherries

1 C. whipped cream

Chill in refrigerator and serve on lettuce.

Mrs. Troy C. Homesley

PIMENTO SALAD A LA PARISIAN

"Favorite recipe of Miss Ginger Rogers"

Chop following ingredients in 1 dish, ½ cup green peppers, ½ cup pineapple, ½ cup blanched almonds and 1 cup of cabbage. Moisten this combination with French dressing. Fill whole pimentos (canned variety) with this salad. Wrap lettuce leaves around pimento and decorate with mayonnaise.

SPICED OR PICKLED PEACH SALAD

Remove stone from peach and refill cavity with cream cheese which has pinch of salt and chopped nuts added. Press peach together again and place in slightly congealed peach syrup which is prepared by using 1 pkg. or 1 T. Knox Plain Gelatine to 1 pint liquid (add water if necessary to make 1 pint). Soak gelatine in ¼ C. liquid, for 5 or 10 mins., heat remaining liquid and add to gelatine, stir until dissolved. Let cool until begins to thicken. Then pour over the peach in individual molds or peaches can be placed in a square or oblong pan in order that salad may be cut in squares when congealed until firm. (This salad is most delicious with baked ham).

Mrs. W. B. Rhyne

SALAD SUPREME

1 C. crushed pineapple

1 C. whipping cream

1 pkg. lime or lemon Jello

2 T. mayonnaise

1 pkg. cream cheese

Dissolve Jello in 1 C. hot water and let cool. Mix cream cheese, mayonnaise, and pineapple and combine with Jello. Fold in whipped cream. Pour into molds and place in refrigerator. Serves about eight.

Mrs. T. A. Carter

TOMATO ASPIC

Soak 2 T. Chalmers gelatine in $\frac{1}{4}$ C. cold water for 5 mins. and dissolve in $\frac{1}{2}$ C. boiling water. Mix 4 C. tomatoes (or tomato juice), 1 T. chopped onions, $\frac{1}{2}$ t. celery seed, 2 whole cloves, and 1 t. sugar, and cook for about 15 mins. Strain and add the mixture to the gelatine along with 2 t. lemon juice. Put in molds and allow to congeal.

Mrs. C. Grier Beam

24 HOUR SALAD

2 eggs (beaten)
4 T. vinegar
4 T. sugar
2 T. butter
1 C. cream

2 C. white cherries, cut in halves
2 C. pineapple, cut in pieces
2 oranges, cut in pieces
2 C. marshmallows, quartered

Put eggs in double boiler and add vinegar and sugar, beating constantly until thick and smooth. Remove from stove and add butter and cool. When cold, fold in whipped cream and fruit mixture. Mold and put in refrigerator for 24 hours. (This makes a delicious party salad).

Mrs. George Falls

WALDORF SALAD

2 C. diced apple
1 C. finely cut celery
 $\frac{1}{2}$ C. seeded raisins
 $\frac{1}{2}$ C. or more walnut nutmeats

(broken in pieces)
Mayonnaise
Crisp lettuce

Mix apple, celery, raisins, and nuts with mayonnaise. Serve on lettuce.

Mrs. Stacy Harrelson

ARE YOU A PERFECTIONIST TOO?



Then you appreciate the Quality of Coble Butter.

Coble Butter is made from Sweet Cream—sweet enough for your coffee.

It contains **no** artificial color. The golden color is from the **vita-**
mins, placed there by Nature alone.

COBLE DAIRY PRODUCTS, INC.

COMPLIMENTS OF
THE SHAKE SHOP
CHERRYVILLE, N. C.



SALAD DRESSINGS AND SAUCES

BOILED DRESSING (For Meat Salads)

- | | |
|------------------------------------|---|
| $\frac{3}{4}$ C. milk | 1 t. dry mustard |
| 2 eggs | pepper to suit taste |
| 2 T. sugar | $\frac{1}{4}$ C. mild vinegar (white preferred) |
| 1 t. salt | 1 T. butter |
| 2 T. White Goose All Purpose flour | |

Add milk to beaten eggs. Mix with dry ingredients. Add vinegar; mix well. Cook over hot water until the mixture thickens. Add butter and cool.

Mrs. Heman Hall

COOKED SALAD DRESSING

- | | |
|------------|--------------------------|
| Combine: | 1 T. butter |
| 1 egg yolk | $\frac{3}{4}$ C. vinegar |
| 1 t. sugar | 1 t. dry mustard |
| 1 t. salt | $\frac{1}{2}$ t. pepper |

Cook over slow heat stirring constantly until thick. Cool and mix with salad.

Mrs. Carlyle Summer

CRANBERRY MOLD

Add 1 cup of water to 1 qt. cranberries. Cook until berries all burst. With a wooden spoon, press the berries through a sieve. Add 2 cups sugar to the hot strained fruit and stir until dissolved. Pour into a mold and chill. Do not cook the mixture after the sugar is added.

Mrs. John Beach

CRANBERRY SAUCE

"Favorite recipe of Miss Gracie Allen"

- | | |
|-------------------------------|------------|
| 1 lb. (1 qt.) cranberries | 1 C. water |
| 1 lb. (2 C.) granulated sugar | |

Place all three ingredients in a saucepan and boil slowly for 20 minutes. As the cranberries boil a foam will form on the top; skim this foam off from time to time. After boiling 20 minutes, remove from the stove and chill. Serve the berries without mashing so they will be whole and transparent. The juice makes a heavy jelly when it becomes intensely cold.

CRANBERRY SAUCE

- | | |
|-------------------|------------|
| 1 qt. cranberries | 1 C. water |
| 2 C. sugar | |

Bring water and sugar slowly to boil, add cranberries, simmer until berries burst. Bring to a hard boil. Remove from fire, pour in mold. This sauce may be strained if desired.

Mrs. L. L. Summer

SUGARLESS CRANBERRY SAUCE

1 lb. washed and stemmed cranberries ½ C. water

Cook together until all berries are tender. Strain if desired. To the above pulp add:

2 C. white syrup 3 grains of saccharine

Cook for 10 mins., pour into mold, serve as needed.

Mrs. C. A. Rudisill

DRAWN BUTTER SAUCE

1/3 C. butter

½ t. salt

1½ C. hot water or stock

1 t. lemon juice

3 T. White Goose flour

Follow directions for White Sauce.

Mrs. Milton Gold

FRENCH DRESSING

1 C. condensed tomato soup

1 T. Worcestershire sauce

¾ C. vinegar

½ t. pepper

1 clove garlic minced fine (if desired)

1/3 C. sugar

1 t. salt

1 t. mustard

½ t. paprika

1½ C. wesson oil

Mix well together. If onion flavor is desired, score half of small onion and let stand in dressing.

Mrs. M. E. Seals

HOLLANDAISE SAUCE

½ C. butter

2 egg yolks

1 T. lemon juice

1/3 C. boiling water

¼ t. salt

Break butter into three pieces. Put one piece in a pan with egg yolks and lemon juice. Mix well. Cook over low flame, stirring constantly until butter is melted. Add second piece of butter and as mixture thickens, add third piece. Add water, seasonings and cook one minute. (If mixture curdles add 2 T. cream and 2 T. boiling water, drop by drop.)

Mrs. T. D. Gurley

CREOLE HOLLANDAISE SAUCE

2 T. butter

¼ t. pepper

1 T. White Goose flour

¼ t. salt

¼ C. stock or hot water

1 egg yolk

1 t. chili powder

1 t. chopped parsley

2 T. mayonnaise

2 T. lemon juice

Melt butter, add flour, stir until smooth, pour stock or water in slowly, stirring until smooth, add lemon juice, chili powder, mayonnaise, salt and pepper. Whip with egg beater and add egg yolk. Serve hot or cold. If thinner sauce is desired, add vinegar to cut consistency.

Mrs. J. Norman Fogg

MOCK HOLLANDAISE SAUCE

1 pkg. Philadelphia cream cheese

Juice of 1 lemon

1 egg yolk

Put all ingredients in saucepan; stir constantly until well blended. Serve hot.

Mrs. Ben R. Rudisill

SAUCE FOR HOT DOGS

½ lb. sausage

chopped onion to suit taste

Cook onion and sausage in 1 C. water until sausage and onion is done; add small bottle of tomato catsup, salt and pepper to taste.

Mrs. W. J. Allran

MAYONNAISE

- | | |
|------------------|-----------------|
| 1 egg | 1 t. salt |
| 2 T. lemon juice | 1 t. sugar |
| 1 t. dry mustard | 1 pt. salad oil |

Mix all ingredients together but the salad oil. Drop the oil in slowly while beating constantly.

Mrs. M. E. Seals

MINT SAUCE

Wash mint thoroughly; remove the leaves and discard the stems. Cut up leaves very fine. Pour 1 C. white vinegar over leaves, add 1 C. granulated sugar. Bring slowly to boil. Strain and chill before serving.

ROQUEFORT CHEESE DRESSING

- | | |
|---------------------------------|------------------------------------|
| 3 oz. Roquefort cheese | 1 C. mayonnaise or French dressing |
| Blend well with electric mixer. | Mrs. Felex Mendel, Jr. |

SEAFOOD COCKTAIL SAUCE

- | | |
|---------------------------|-------------|
| 1 T. horseradish | 1 t. salt |
| 2 T. lemon juice | ¼ t. pepper |
| 1 T. Worcestershire sauce | 3 T. catsup |
| 1 t. mayonnaise | |
| Dash pepper sauce | |

Mix well

Mrs. L. Edwin Rudisill

TARTAR SAUCE

1 C. mayonnaise, to which add 1 T. each finely chopped olives, pickles, parsley and chives. Blend well. 1 T. grated onion may be added, if desired.

Mrs. J. Ben Dellinger

THOUSAND ISLAND DRESSING

- | | |
|-------------------|------------------|
| 1 C. mayonnaise | 4 T. chili sauce |
| 1 hard boiled egg | |

Mix with electric mixer on low speed until well blended.

Mrs. C. G. Beam

WHITE SAUCE

(For Soups, Vegetables, Meats, Souffles, etc.)

- | | |
|------------------------|-----------|
| 3 T. butter | 1 C. milk |
| 3 T. White Goose flour | ¼ t. salt |

Melt butter. Add flour and seasoning. Stir until well blended. Add milk gradually while stirring constantly. Bring to boiling point and boil 2 mins. May be thinned with hot milk as desired.

Mrs. Milton Gold

GRAB BAG SALAD HINTS

Every one a Peerless Prize! Take a chance—Try something new!

Fluted Banana Slices are such an easy way to dress up a salad! To flute a banana, run the prongs of a fork lengthwise down a peeled banana, then slice crosswise. You'll have dainty, "crinkly edged rounds" to decorate the rim of your fruit salad.

Green Garnish: Accent crisp light greens with dark parsley or watercress for color contrast. A "must" for the salad bowl.

Onion Juice: When you want a few drops for flavoring, sprinkle a little salt on a slice of onion and scrape the salted surface with a knife or spoon to obtain the juice.

Raw Cauliflower: These crisp, crunchy little flowerets make a salad perk up! Try them with sliced orange, green pepper, chopped celery and a tart dressing.

Ripe Olives: Grand in the salad dressing! Especially good with banana and orange salads; use a tart French dressing for the base.

Use the Fruit Juices of salad fruits for fruit cup, to thin mayonnaise and to mix with French dressings.

Raw Cranberries chopped and mixed with chopped apples make a zippy garnish for fowl, meat or fish.

Grated Walnuts are a pleasant surprise—either in the dressing or sprinkled on the salad.

Gay New Touch! Candied fruit peels add a festive air to fruit salads. Especially appropriate for "salad-desserts."

Radish Roses are easily and quickly made by cutting through the skin of red radishes to form petals. These add a gay decorative garnish to fish, meat, cottage cheese and vegetable salads.

Tip-Top are the toppings for fruit salads. Just sprinkle on chopped peanuts, raisins, shredded cocoanut, chopped candied fruit peels or shredded cherries.

Shake: A few drops of onion juice in your French dressing . . . a faint suspicion of garlic in your salad bowl . . . a little paprika atop the mayonnaise . . . a little cocoanut on your dessert salads.

A Bit of Roquefort Cheese, crumbled into French dressing, adds sophisticated flavor—especially good with fruit salads.

Sliced Tomatoes, or tomatoes cut into wedges, taste good, look good, are good, with salad or meat or vegetables.

Crisp Young Carrots cut into sunny slivers dress up the plainest salad, and make it more fun to eat.

Tender Inside Leaves of Spinach (raw) add an interesting flavor to other salad greens—a surprise to the uninitiated, but they'll like it!

Two Small Salads on one plate—the new twin team that's making such a hit: one's of meat or fish, the other of fruited gelatine.

A "Soupcon" (as they say in New Orleans when they mean a small bit) of Tobasco sauce or horseradish sends a plain French dressing straight to flavor heaven.

A Fruit Gelatine, sliced or cut into glistening cubes, gives that cool, colorful jewel effect that's always enticing.

When Dressing Salad Greens with oil and vinegar, first season with salt and pepper, add oil, then vinegar. If vinegar is added before oil, the greens become wet, and the oil doesn't cling to them, but settles to the bottom instead.

Canned Fruits for fruit salads are glorified quick-as-a-wink with the aid of cubes or slices of fully ripe bananas.

Pepper Rings For Color: Vegetable salads are gayer with almost pencil-thin scallopy rings of red or green peppers. Wash peppers, remove seeds, and slice very thin crosswise.

Avocado Secret: Sprinkle avocados with lemon juice to prevent discoloration—and to add zip of tart flavor if you wish it.

Cucumbers, young and tender, give a cool, enticing look if you use them unpeeled and fluted. Draw the prongs of a fork lengthwise down the cucumber to make parallel grooves—then slice 'em! Older cucumbers may be fluted, too, but should be peeled first.

Brighten up the Borders of lettuce leaves, or pineapple rings, by dipping them in gay paprika. Pineapple looks tempting, too, when the edge is rolled in finely chopped parsley or chopped nuts.

Sour Cream: You don't need a thunderstorm for this one—just add a little lemon juice or vinegar to sweet cream. It's fine for salad dressings.

(Courtesy, United Fruit Co.)

HOW TO KEEP BANANAS FROM TURNING DARK:

To keep sliced or cut bananas from turning dark, just dip the slices into or sprinkle them with grapefruit juice (fresh or canned), pineapple juice (canned), orange juice or lemon juice.

(Courtesy—United Fruit Co.)



SANDWICHES

LAYER SANDWICHES

Remove the crust from a whole loaf of sandwich bread and slice the loaf lengthwise in half-inch slices. A different filling may be used between each two slices, or the same may be used throughout. Colored cream cheese makes the finished sandwich look like a piece of layer cake.

OPEN SANDWICHES

Open sandwiches may be cut in a great variety of shapes and decorated according to preference. Cream cheese delicately tinted with vegetable coloring makes a good spread. Decorate sandwiches with pineapple slices, chopped pickles, pimento, maraschino or candied cherries, stuffed olives, nuts, jellies, jams, peanut butter, etc.

PIMENTO FOR SANDWICHES

- | | |
|------------------------|---------------|
| 2 C. milk | 1 can pimento |
| 2 T. White Goose flour | salt to taste |
| 1 lb. cheese | |

Cook in double boiler until thick.

Mrs. J. D. Hobbs.

PIMENTO SANDWICH SPREAD

- | | |
|------------------------|----------------------------------|
| 2 T. Coble's butter | $\frac{1}{4}$ C. vinegar (scant) |
| 2 T. White Goose flour | $\frac{1}{2}$ t. salt |
| 1 C. milk | red peper |
| 1 egg | 1 can pimento |
| 10¢ of cheese (yellow) | |

Melt butter, add flour, salt, sugar, and milk. Cook until smooth. Add well beaten egg. Add vinegar and juice from pimento. Chop cheese and add to mixture. Let cook until cheese melts. Remove from fire and add pimento which has been mashed.

Mrs. D. R. Mauney, Sr.

RIBBON SANDWICHES NO. 1

Cut 3 slices of white bread and 2 slices of brown bread $\frac{3}{4}$ in. thick. Put white bread at bottom and alternate brown and white. Spread between the layers a filling of mashed cream cheese, minced olives, and mayonnaise. When finished, wrap in a damp cloth and again with waxed paper. Put a weight on top and allow to set for sometime before cutting. Cut as you would a layer cake in slices about $\frac{1}{4}$ in. wide.

RIBBON SANDWICHES NO. 2

Use 5 slices of white bread. Use red and green filling alternately, proceeding as in Ribbon Sandwiches No. 1.

Red filling: 2 cans pimento, 1 teaspoon grated onion. Mash pimento very fine, add grated onion, and mix with mayonnaise.

Green filling: 3 green sweet peppers, 2 pkgs. cream cheese, 3 stalks celery. Mash cheese, add finely chopped peppers and celery. Mix with mayonnaise.

SANDWICH LOAF

1 loaf sandwich bread

1 C. natural American cheese, grated

3 T. pickle relish

2 T. pimento, chopped

1½ C. dressing

1 C. red salmon, flaked

¼ C. Blue Vein cheese, grated

Stuffed olives, sliced

Cucumber pickles, sliced

½ lb. cream cheese

Remove all crusts from loaf of bread. Cut in four lengthwise slices. Combine cheese, pickle relish, and pimento. Moisten with dressing. Spread on one slice of bread, cover with second slice. Combine salmon and pickle, moisten with dressing. Spread on second slice, cover with third slice. Tint Blue Vein cheese with green food coloring. Combine with chopped olives. Moisten with dressing. Spread on third slice, cover with fourth slice. Blend cream cheese. Season with salt and paprika. Moisten with dressing. Spread over entire surface of loaf. Place in refrigerator overnight. Garnish top and sides with olives, sweet cucumber pickles and pimento. Place on large platter and garnish with hearts of lettuce and small clusters of crisp parsley.

Mrs. D. R. Mauney, Jr.

OTHER SANDWICH FILLINGS

Cottage cheese and chopped dates.

Cream cheese and jelly.

Cream cheese and chopped olives, with mayonnaise.

Crushed pineapple and peanut butter.

Peanut butter and grape jelly.

Chopped liver, bacon, and mayonnaise.

Mashed baked beans, celery, and salad dressing.

Meat loaf and shredded lettuce.

Flaked fish, celery, chopped pickle, and mayonnaise.

Chopped cabbage and pimento with dressing.

Mixed cooked vegetables with mayonnaise.

Chopped chicken and celery, mixed with chopped pickle and dressing.

Minced ham, chopped egg, and mayonnaise.

Egg salad mixture.

Chopped dates, raisins, and nuts moistened with dressing.

Chopped cooked prunes with few drops of lemon juice on nut bread.

Cream cheese and orange marmalade.

Peanut butter and mashed banana.

Sliced bananas on white bread spread with mayonnaise.

Cream cheese, banana, and ground nuts.

Peanut butter, chopped celery, and olives.

Crushed pineapple (drained) and chopped dates on nut bread.

PARTY SANDWICH SUGGESTIONS

Use fancy cutters.

Have your baker tint your bread according to your color scheme.

Day old bread is much easier handled and makes the best sandwiches.

To keep sandwiches moist, cover with a damp cloth. Dip the cloth in cold water and wring as nearly dry as possible.

••FOR GOOD HEALTH •• EAT ••

SEA FOODS

CLAM CAKES

- | | |
|--------------------------------------|-------------|
| 1 pt. clams (chopped or ground fine) | 1 t. salt |
| 1 well beaten egg | ¼ t. pepper |
| 1 C. cracker meal or crumbs | |

Combine ingredients in order given and mix well. Form in patties and fry in hot deep fat. Drain on absorbent paper and serve hot with tartar sauce.

Mrs. Julian H. Papot, Jr.

CLAM FRITTERS

- | | |
|--------------------------------------|--------------------------------|
| 1 pt. clams (chopped or ground fine) | 2 C. White Goose flour |
| 1 t. baking powder | ½ t. salt |
| 1 C. milk | ½ C. liquor drained from clams |
| 2 eggs | |

Sift dry ingredients together; add the eggs well beaten, milk and clam liquor slowly, mixing and stirring well until smooth. Add the clams. Drop by spoonfuls into hot deep fat. Fry until brown, drain on absorbent paper and serve hot.

Mrs. T. D. Gurley

NEW ENGLAND CLAM CHOWDER

- | | |
|------------------------------------|--------------------------|
| 1 qt. clams chopped or ground fine | 2 T. Coble's butter |
| ¼ lb. sliced bacon | ½ C. tomato juice |
| 2 C. diced white potatoes | 1 T. minced parsley |
| 1 large onion minced | salt and pepper to taste |
| 1 qt. milk, scalded | |

Fry bacon until crisp; remove. Add potatoes and onions with just enough hot water to keep from sticking. Cook over low heat until done. Add the clams and tomato juice. Bring to boil and cook 2 or 3 mins. (Longer cooking will toughen clams). Add the scalded milk and butter, season with salt and pepper to taste, sprinkle in parsley and crumbled bacon. Serve piping hot.

Mrs. Kathleen Moore

ESCALLOPED CLAMS

- | | |
|-------------------|---------------------|
| 1 qt. clams | ½ C. Coble's butter |
| 1 pt. hot milk | 1 med. onion minced |
| 2 beaten eggs | 1 t. minced parsley |
| 3 C. cracker meal | Salt and pepper |

Chop clams fine. Combine milk, eggs, cracker meal, butter (melted). Mix well. Fold in clams and seasoning. Sprinkle in parsley. Put in well greased casserole, dot with butter and bake in a moderate oven until lightly brown.

Mrs. T. D. Gurley

CLAM STEW

(See Oyster Stew and use clams instead of oysters).

CRABFLAKE COCKTAIL

1½ C. crabmeat, flaked
½ t. salt
dash of Tobasco

5 T. Tomato ketchup
½ t. Worcestershire sauce
1 t. lemon juice

Mix all ingredients together and chill.

Mrs. L. Edwin Rudisill

CRAB CAKES

1½ C. crabmeat
3 eggs
1 C. cracker meal or crumbs

1 t. minced gr. pepper
1 t. minced parsley
1 t. minced onion

¼ C. melted butter or bacon drippings Salt & pepper to taste

Mix crabmeat, beaten egg yolks, crumbs, melted fat and seasonings. Blend thoroughly. Fold in stiffly beaten egg whites. Turn into well greased individual molds or custard cups set in hot water. Bake in moderate oven 25 to 30 mins. Unmold and serve.

If fried crab cakes are preferred, add only 1 egg, shape into patties and fry in deep hot fat.

Mrs. J. Ben Dellinger

DEVEILED CRABS

2 T. butter
2½ T. White Goose flour
1½ C. milk
2 C. crab meat
1 t. salt

½ t. paprika
1/16 t. cayenne
2 T. lemon juice
1 C. buttered crumbs
1 T. Worcestershire

Melt butter and add the flour. Then stir in the heated milk slowly to make a smooth white sauce. Add the crabmeat mixed with seasonings. Put in greased shells or ramekins, sprinkle crumbs on top and bake in moderate oven for 20 to 25 mins. 2 hard boiled eggs may be chopped and added to the mixture before baking.

CRAB PASTRIES

Shells:

(Make shells and filling a day ahead). Roll 1 pkg. pie crust mix the same thickness as for pie and cut into rounds with small biscuit cutter about 1½ in. diameter. Cut narrow strips of the rolled dough and flute with your fingers as for rim of shell. Rub a little beaten egg white on outside circles pinching rim and bottom together so they will stick. The rim should have some height. Bake shells in moderate oven 375° F. until light brown. Don't get too brown as they will cook some more after they are filled.

Filling:

1 small (6½ oz.) can of crabmeat will fill 40 or 45 shells.

Lightly brown 1 small chopped onion in 3 T. butter and blend in 4 T. White Goose Flour. Add 1 C. light cream, 4 T. chili sauce, 1 t. Worcestershire sauce, ½ t. Tobasco sauce, and then the crabmeat, stirring constantly until thick. Add salt to taste.

Cheese Topping:

Cream together 3 oz. grated American cheese, 3 oz. cream cheese, 3 T. Coble's Butter, ½ t. Worcestershire sauce, ½ t. paprika, ½ T. dry mustard, ½ t. baking powder, and 1 beaten egg yolk. Blend well; fold in 1 stiffly beaten egg white. Fill shells with crab mixture and top with cheese topping, putting a thin strip of memento on top of each. Broil until puffed or slightly brown (about 4 mins.).

Mrs. D. R. Mauney, Sr.

QUICK CRAB MEAT SALAD

1 can crab meat
1 C. diced celery
3 T. catsup

Few drops lemon juice
½ C. mayonnaise
cayenne pepper & salt to taste

Combine all ingredients, place on lettuce, garnish with olives and gherkin pickles.

Mrs. T. D. Gurley

FRIED SOFT SHELL CRABS

Crabs Must be alive

Remove apron from the under side of the crab. Lift up the points of shell. Remove all the exposed soft, spongy portions of the crab. Cut off entire front portion of body which contains the viscera. Wash thoroughly. Salt and pepper crabs to suit taste, dip in beaten egg, roll in bread or cracker crumbs, and fry in deep hot fat until well browned. Drain on paper towels. Serve hot with tartar sauce.

Mr. Fred Day

BOILED HARD SHELL CRABS

Crabs Must be alive

Plunge live crabs head downward into boiling salted water, having enough water to cover. Increase heat so that crabs continue to boil. Boil from 20 to 25 mins. Remove crabs and drain. Dress crabs: remove apron. Separate upper and lower shells. Remove all the spongy and orange colored matter which clings to the body. Discard all material which clings to the shell. The edible part of the crab consists of the compact masses of meat which remains and the small amount of meat in the large claws.

Serve this meat in cocktails, salads, creamed, deviled, in cakes, etc.

Mrs. Fred Day

TO BONE FISH

Use a pointed knife with sharp blade. Let blade follow along backbone beginning at the satil end. Continue entire length of one side of fish. Keep knife as close to backbone as possible. Turn fish and remove bone from the other side. Remove any small bones which may remain. Skill in removing the backbone without separating the fillets may be acquired by practice and patience.

Mrs. T. D. Gurley

BROILED FISH

Small fish may be broiled whole. Larger fish may be cut in pieces or fillets. Salt and pepper to taste, brush with Coble's Butter and broil under hot broiler until brown. Turn frequently.

Mrs. J. Ben Dellinger

BAKED STUFFED FISH WITH VEGETABLES

Select a large fish from 4 to 8 lbs. Bone if desired. Stuff with dressing, skewer or sew with thread. Place on well greased or oiled fish plank or sheet (I use the bottom of a large roaster), place strips of sliced bacon on top of fish. Surround with whole raw carrots, onions, potatoes, pieces of celery, and green peppers cut in halves about 30 mins. before fish and other vegetables are done. (Allow from 10 to 12 mins. to the pound). Baste frequently with melted Coble's Butter. To serve, garnish with parsley and lemon slices. If desired fish may be surrounded with a ring of hot mashed potatoes, using pastry bag and tube. Return to oven and broil until potatoes are light brown. If fish plank is used, serve on plank.

STUFFING FOR BAKED FISH

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|----------------------------|------------------------------|
| 2 C. bread crumbs | 1 t. prepared meat seasoning |
| 1 well beaten egg | 1 T. minced parsley |
| 1 T. minced onion | Salt and pepper |
| 1 T. finely chopped celery | |

Combine all ingredients, add sufficient water to make desired consistency to pack easily in fish.

Mrs. T. D. Gurley

STEWED FISH

Rock, drum, sea roe, and large catfish make the best fish stew. Cut fish cross-wise, roll in White Goose Flour. In large saucepan place a layer of fish then a layer of sliced onions, then a layer of thinly sliced fat pork or bacon, then another layer of fish, onions, pork, arranging so that the top layer is pork or bacon. Cover with boiling water. Stew slowly for 1 to 2 hours. A few minutes before fish is done, add 2 T. Coble's Butter and 2 T. minced parsley. If gravy is not thick enough, this may be thickened with flour or cornstarch mixed with water. Remove pork or bacon before serving.

Mrs. J. Ben Dellinger

FRIED FROG LEGS

Slip skin off hind legs. Wash frog legs thoroughly; dry with cloth. Dip in beaten egg, roll in bread or cracker crumbs. Fry in deep hot fat until brown. Drain on paper towels. Serve hot with French Fried potatoes and tartar sauce. Wonderful!

Mrs. L. Edwin Rudisill

BAKED LOBSTER

(Allowing one 2 pound lobster per person)

Take four fresh 2 pound lobsters, place on backs and with sharp knife split them open; remove stomachs and back veins, leaving all fat, tomalley and "juice."

Place dressing in cavity as follows:

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|----------------------------|---------------------------|
| 1½ C. cracker crumbs | ¼ C. milk |
| 1 T. melted Coble's butter | ¼ t. Worcestershire sauce |

Mix well together all ingredients. Pour 1 T. melted butter over each lobster and sprinkle dressing generously with grated Parmesan cheese and paprika. Bake in a very hot oven exactly 19 minutes and serve immediately.

Mrs. T. D. Gurley

BOILED LOBSTER

Place live lobsters in rapidly boiling salted water. Boil rapidly for 20 to 25 minutes for 2 pound lobsters, longer for larger ones. Remove from water, drain or dry well. Remove the claws. Cut, using a sharp knife, through the top and bottom shell of the body. Remove and discard the stomach which is just back of the head. Remove the black line which runs from the stomach to the tail. Remove the lungs. Separate the large claws at the joints. Crack shell and remove meat. Lobster may be served whole with bowl of hot melted butter.

Mr. Fred Day

OYSTERS WITH MUSHROOMS

- | | |
|----------------------------|--------------------------|
| 1 small onion chopped fine | ½ teaspoon pepper |
| 1 T. butter | 1 pint of medium oysters |
| 1 cup mushrooms | ½ cup white sauce |
| ½ teaspoon salt | Buttered bread crumbs |

Brown onion lightly in butter, add chopped mushrooms, seasonings and oysters. Cook for 2 or 3 minutes only. Stir in white sauce, turn into buttered casserole. Sprinkle with buttered bread crumbs and bake in hot oven 400 degrees for 20 minutes until a delicate brown.

Mrs. D. R. Mauney

BROILED LOBSTER

(Allow one 2 pound lobster per person)

Split lobsters using a sharp pointed knife. Cross the large claws and hold firmly with the left hand. Make a deep incision with the sharp knife at the mouth end and draw knife quickly through the entire length of body and tail. Open lobster flat. Remove intestinal vein, stomach and liver. Crack claws. Spread dressing liberally in cavity from which liver and stomach have been removed. Cut off four of the small claws from each of the lobsters and press into the dressing. Place on buttered broiler and broil 8 to 10 minutes on flesh side, turn and broil 6 to 8 minutes on shell side. Serve with melted butter.

Dressing:

1½ C. cracker meal or cracker crumbs	2 T. Worcestershire sauce
½ t. salt	1 T. melted Coble's butter

Mix all ingredients together. Blend well. Stuff in lobster cavity.

Mr. Fred Day

LOBSTER SALAD

Canned or frozen lobster meat may be used. If fresh lobster is used, remove the meat from a boiled lobster while it is still warm and cut into pieces. Add lemon juice or vinegar to taste. Chill in refrigerator several hours before using. Place on crisp lettuce or your favorite salad greens, add your favorite dressing to the lobster meat, garnish with parsley and olives.

Mrs. Kenneth Anthony

FRIED OYSTERS

"Favorite recipe of Miss Peggy Hopkins Joyce"

"In the first place use large oysters! Drain off the liquid and dry by placing them on a towel or absorbent paper for a few minutes. Sprinkle them with salt and pepper, then roll them in corn meal or fine cracker crumbs. Fill a deep-fat frying kettle full of fat and heat to 375° F. Place the oysters in the fat and fry until they're a golden brown. Drain them on absorbent paper and serve."

OYSTER COCKTAIL

"Favorite recipe of Mr. Edward Arnold"

100 Californina Oysters for 6 people, 10 tablespoons of the juice, 4 tablespoons tomato catsup, 1 teaspoon Worcestershire sauce, 1 white pepper, 1 drop Tobasco sauce, juice of 2 lemons, salt to taste. Mix, and pour over the oysters which must be very cold.

SCALLOPED OYSTERS

1 pint oysters	1 C. fine bread crumbs
Oyster liquor	Salt and pepper to taste
½ C. cracker crumbs	Paprika
½ C. melted Coble's butter	

Combine crumbs and melted butter. Put a thin layer in the bottom of a shallow, buttered baking dish, cover with oysters seasoned to suit taste, then a layer of crumbs, another layer of oysters. Add oyster liquor. Cover with remaining crumbs. Dot with butter. Bake 30 mins.

Mrs. Troy Carpenter

SCALLOP RECIPES

See recipes for clams and substitute scallops.

FRIED SCALLOPS, SHRIMPS AND OYSTERS

Drain well on absorbent paper or cloth. Dip in beaten egg, then shake in bag containing cracker meal or very fine crumbs. You may dip again in egg and roll in crumbs. Fry in deep hot fat until golden brown. Drain on absorbent paper. Serve while hot with favorite seafood sauce, French fried potatoes, and lemon slices.

Mrs. J. Ben Dellinger

TO PREPARE SHRIMPS

1st Method:

Wash shrimps thoroughly. Drop in rapidly boiling salted water. Boil not over 10 minutes as longer cooking will toughen shrimps. Remove from water and drain well. Remove the shell and the black line (intestine) which runs the entire length of the shrimp.

2nd Method:

Wash and shell shrimps, removing the black line or intestinal vein under running cold water. Use uncooked shrimps in all recipes which require cooking. For use in salads and cocktails, boil shelled uncooked shrimps for 5 minutes in very little salted boiling water. Do not overcook, as too long cooking period toughens shrimp.

Mrs. T. D. Gurley

FROZEN EGG-SHRIMP OMELET

3 eggs

salt and pepper

1 C. flaked cooked shrimp

paprika

Flake cooked shrimp with a fork. Beat egg yolks until thick and lemon-colored. Beat egg whites until very stiff but not dry. Add the shrimp to the egg yolks, mix well, season to taste, and fold in egg whites, using a spatula or rubber scraper. Place in freezing tray and freeze. Serve on crisp lettuce with lemon slice and sprigs of parsley.

Mrs. L. Edwin Rudisill

JELLIED SHRIMP

2 T. gelatine

¼ C. lemon juice

½ C. cold water

2 C. cream

3 C. shrimp (cooked & cut up)

1½ t. salt

1 C. chopped green pepper

¼ C. catsup

1 C. chopped celery

¼ C. horseradish

Soak gelatine in cold water 5 mins. Dissolve over hot water and cool. Mix shrimp, green pepper and celery together. Add lemon juice to cream. Add salt, catsup and horseradish and mix with gelatine. Add to shrimp mixture, stirring well. Put into oiled loaf or ring mold. Chill until firm. Unmold and garnish.

From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley.

PICKLED SHRIMP

2 lbs. freshly cooked shrimp

3 or 4 bay leaves

3 medium onions (cut in rings)

2 T. Worcestershire sauce

Sauce:

1 t. salt

1 C. salad oil

½ t. dry mustard

¼ C. vinegar

Dash red pepper

¼ C. catsup

Mix sauce and pour over shrimp, onions, and bay leaves. Put in ½ gallon jar and keep in refrigerator 24 hours. Keep the jar on its side and turn it occasionally so that the sauce will stay thoroughly mixed.

Mrs. D. R. Mauney, Jr.

NORWEGIAN STURGEON

"Favorite recipe of Mr. Bing Crosby"

1 pound solid smoked sturgeon. Place fish in frying pan with cup of hot water and heat for 15 minutes (keep pan covered). Mix a sauce as follows—heat $\frac{3}{4}$ of a cup of milk in double boiler. Remove from fire. Stir into milk two egg yolk well beaten with juice of one lemon. Cook in double boiler until thick. Add a few drops onion juice and one teaspoon of butter. Cover sturgeon with sauce—ready to serve.

TUNA FISH CASSEROLE

1 7-oz. can tuna fish

2 bags potato chips or home fried ones

1 10-oz. can cream of mushroom soup

Put tuna fish in a sieve and pour boiling water over it. Then put a layer of potato chips in a casserole, a layer of tuna fish, then potato chips on top of the tuna fish. Next pour the can of mushroom soup, to which $\frac{1}{2}$ cup of warm water has been added, over the top of this. Bake in a moderate oven until slightly brown (about 15 to 20 mins.)

Mrs. H. H. Allen, Sr.

TUNA FISH MOUSSE

$\frac{1}{2}$ can mushroom soup

1 small onion (grated)

3-oz. pkg. cream cheese

1 t. Worcestershire sauce

$\frac{1}{2}$ C. mayonnaise

$\frac{1}{2}$ t. salt

Stir the above ingredients in top of double boiler until blended. Dissolve 2 pkgs. Knox Gelatine in $\frac{1}{2}$ C. cold water and add to mixture.

To this mixture add 1 small can grated Tuna Fish (drained) and $\frac{3}{4}$ C. diced celery. Pour mixture into muffin tins and place in refrigerator to congeal. Serve Tuna Fish Mousse between two circular slices of congealed cranberry sauce on crisp lettuce.

Mrs. D. R. Mauney, Jr.

TO SALT HERRING OR MACKEREL

Cut off heads of fish. Slit to the bottom fin. Remove entrails. Remove roe which can be canned, if desired. Remove all visible blood. Wash thoroughly in three or four waters. Lay fish in a slat basket to thoroughly drain off all water. Fill each fish with salt and rub salt thoroughly on outside of each fish. Select a clean barrel or keg. Place fish on backs all around the inside of the keg or barrel. Cover the container with a clean bag or cloth. Fit a hoop over the top to keep the cover on tight to prevent flies from getting to the fish. Salt fish prepared in this manner never fail to keep.

TO COOK SALT HERRING OR MACKEREL

Soak several hours in clear cold water to remove excess salt. Scale and wash thoroughly. Drain well. Roll in cornmeal and fry in deep fat. Serve with spoonbread for a wonderful cold morning breakfast or supper.

Mrs. T. D. Gurley

SOUPS

"Soup is good either day or night,
And these are sure to be just right,
So let us hope that you will find,
Just the kind that's in your mind."

BERKSHIRE SOUP

(Favorite recipe of Governor and Mrs. Thomas E. Dewey and Family, Governor's Mansion, Albany, N. Y.)

1 onion finely chopped	1 t. salt
$\frac{1}{4}$ C. Coble's butter	$\frac{1}{2}$ t. pepper
$\frac{1}{2}$ bay leaf	2 C. water
12 pepper corns	1 C. corn
2 T. White Goose flour	$\frac{1}{2}$ C. cream
1 can tomatoes	2 egg yolks
2 T. sugar	

Cook onion and butter 5 mins., stirring constantly. Add bay leaf, pepper corns and flour—cook 2 mins. Then add tomatoes, sugar, salt, pepper, boiling water and simmer 20 mins. Add corn, cook 10 mins. and force through puree strainer.

Just before serving, add egg yolks slightly beaten and diluted with cream.

CREAM OF ASPARAGUS SOUP

12 pcs. fresh asparagus or	4 T. White Goose flour
1 can asparagus	2 t. salt
1 slice from medium-sized onion	$2\frac{1}{4}$ C. boiling water
1 T. parsley, minced	2 bouillon cubes
2 T. Coble's butter	$3\frac{1}{2}$ C. rich milk

If fresh asparagus is used, cook with onion slice in boiling water to cover until tender. If canned asparagus is used, no further cooking is necessary, just cook the onion slice until tender in the asparagus juice adding enough boiling water to thoroughly cover. Force asparagus and onion through a strainer or seive. There should be two cups of pulp and liquid. Prepare a white sauce as follows: Melt butter in a saucepan, adding flour while stirring, then adding bouillon cubes which have been dissolved in the boiling water, and scalded milk, stirring until mixture thickens. Add pulp to the white sauce mixture and blend thoroughly before serving. Serve hot. A little whipped salted cream used as a topping will add to the soup. Delicious!

Mrs. L. Edwin Rudisill

BRUNSWICK STEW

(Serves 8)

1 fat hen (large)	1 can creamed style corn (No. 2 size can)
3 cans tomatoes (No. 2 size can)	3 lbs. white potatoes (cook potatoes and
1 can small green butterbeans	mash them)
1 can mixed vegetables (No. 2 size can)	celery may be added if desired.

Boil chicken until it is very tender; pick the meat off the bones. Add tomatoes, butterbeans and mixed vegetables to chicken stock. Cook until well done. Add the chicken, corn and mashed potatoes. Bring to boil and cook 10 mins. Stir constantly while cooking to prevent scorching.

Mrs. Frank Williams, Farmville, N. C.

THE ORIGIN OF BRUNSWICK STEW

Brunswick Stew, taking its name from the county in which it first saw the light, is, most distinctively, a Virginia delicacy. The exact origin of this choice concoction lies veiled in the past; even its component elements form a basis for hotly contested arguments; although all agree that the one ingredient is squirrel. A story runs that once upon a time an amply provisioned hunting party made camp in the woods during squirrel season. On a certain day the hunters went out leaving one of their number to prepare dinner against their return. The disgruntled sportsman, not disposed so to spend his time while the others were enjoying the pleasure of the sport, simply tossed into a pot of boiling water some of every ingredient in the commissary and allowed the mixture to boil until his companions' return. The provisions in that camp included squirrel, tomatoes, onions, cabbage, butterbeans, red pepper, bacon, salt and corn. To the surprise of the unwilling chef, for he knew not what had gone into the pot any more than his associates, he had become the originator of a most delectable dish.

BRUNSWICK STEW

Stew ten large squirrels or same weight in hens, until the meat leaves the bone. Remove bone and skin. Then add one quart of butterbeans, three pints of tomatoes, two large onions, one quart of okra, an old ham bone, and six potatoes. Season with salt, red pepper, Worcestershire sauce, one-half pound of butter, and add one quart cut corn one-half hour before finished. Boil all until it is well done and serve hot. Takes about six hours to cook. It should be thick like a stew and not thin like soup.

(Courtesy, Richmond Hotels, Inc., Richmond, Va., from their "Cooking of The Old Dominion Prior to 1838.")

KENTUCKY BURGEOO

(This is the famous Kentucky stew that is served to the large crowds on Derby Day, at horse sales, county fairs, and other large outdoor gatherings.)

1 lb. pork shank	1 C. chopped cabbage
1 lb. beef shank	1 green pepper (chopped)
1 lb. breast of lamb	1 pt. cooked tomatoes
½ or more of 5 or 6 lb. fat hen	1 C. canned corn
4 qts. water	1 pod red pepper
2 medium carrots	½ C. butterbeans
2 medium onions	1 C. minced parsley
2 medium white potatoes	Salt, cayenne pepper, and Worcester- shire sauce to suit taste

Boil meats in water until tender and meat will slip off the bones. Remove meat from cooking utensil. Cool. Remove bones and skin. Chop meat. Put meat back in broth. Peel and dice carrots, potatoes, and onions, and add to the meat and broth mixture. Add the chopped green pepper. Mix well. Add the whole pod of red pepper. Cook until vegetables are tender and mixture is thick. Remove the pod of red pepper. Season to taste with salt, cayenne pepper, and Worcestershire sauce. Serve piping hot. This is wonderful!

Mrs. B. G. Stall, Lexington, Kentucky

CORN CHOWDER

"Favorite recipe of Mr. Dick Powell"

One slice of bacon, cut small, 1 onion, cut small, fry brown; 2 potatoes, cut into cubes, ½ can of corn, 2 cups of water; boil all three-quarters of an hour; add milk to serve six people, thicken with a little flour and butter.

CELERY SOUP

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|-----------------------------|---------------------|
| 1 C. diced celery | Salt and pepper |
| 3 T. White Goose flour | 2½ C. scalded milk |
| 1 T. minced onion | 3 T. Coble's butter |
| 1 carrot diced (if desired) | Dash paprika |
| 1 C. boiling water | |

Combine vegetables and water and cook until tender. Add flour to melted butter; mix until smooth; add milk slowly, stirring constantly. Cook over hot water until smooth and thick. Add vegetables and water stock, mixing well. Add seasonings to taste. Serve piping hot with few celery leaves chopped fine sprinkled on top. Serves 6.

Mrs. Milton Gold

CHICKEN SOUP

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|---------------------|-------------------------------|
| 1½ C. diced chicken | Salt, pepper, dash of paprika |
| 5 C. chicken broth | ½ bay leaf |
| ½ C. diced carrots | ½ C. rice |
| 1 T. minced onion | ½ C. diced celery |

Bring broth to boil, add rice, vegetables, bay leaf, and cook slowly until rice and vegetables are tender. Remove bay leaf, add chicken, and season to taste. This is both nourishing and delicious.

Mrs. J. Ben Dellinger

NAVY BEAN SOUP

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| 2 C. navy beans | shoulder or ham or |
| 2 C. unskimmed stock from pork | ¼ lb. fat pork |

Wash beans, soak overnight. Add stock or pork to beans and water. Bring to boil and cook slowly until beans are tender and come to pieces. Season to taste. Additional water may be added, if necessary.

Mrs. Lucy Harrelson

ONION SOUP

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| 2 T. quick tapioca | 4 C. scalded milk |
| 2 T. Coble's butter | 1 C. minced onion |
| ¼ C. grated cheese | 2½ T. minced parsley |
| Salt, pepper, dash of paprika | |

Combine onion, tapioca, and milk. Cook over boiling water until tapioca is clear. Add butter, cheese, and parsley. Season to taste. Cook until cheese is melted. Serve at once. Delicious!

Mrs. Felix Mendel, Jr.

CREAM ONION SOUP

"Favorite recipe of Mr. Fredric March"

Slice 4 large onions thin and boil until tender in salted water. Drain well. Melt a large piece of butter in frying pan, sprinkle with salt, black pepper and a dash of cayenne. Toss onions in and shake well, heating thoroughly, but don't allow to burn. Add to this 2 quarts of soup stock which has been made from beef, veal, mutton and the usual complement of vegetables. Let all come to a boil, then stir in a tablespoonful of cornstarch which has been moistened with milk. Season to taste. Stir in a spoonful of Parmesan grated cheese. Serve at once in hot tureen with salted squares or croutons.

SPLIT PEA SOUP

1 soup bone	1 clove garlic
2 medium onions	2 carrots, diced
1 C. diced celery	2 qts. water
1 pkg. split peas, soaked overnight	

Bring to boil the soup bone and water and cook slowly about 2 hours, or until meat slips from bone. Remove bone, shred meat, add to broth; add soaked split peas, garlic finely minced, and seasoning. Cook slowly until peas come to pieces. Serve topped with slightly salted whipped cream, if desired.

Mrs. Felix Mendel, Jr.

POTATO SOUP

2 C. diced potatoes	2 C. Thin White sauce
1 C. boiling water	1 T. minced onion
1 T. diced celery	1 t. minced parsley
Salt, pepper, and paprika	1 C. scalded milk

Combine potatoes, water, and onion. Cook until vegetables are tender; mash or rub through sieve. Add scalded milk and white sauce. Stir until smooth. Add parsley and seasonings. Heat to boiling point. Serve.

Mrs. J. W. Kendrick

VEGETABLE SOUP

1 C. green split peas	1 C. chopped onion
6 C. hot water	1 T. fats
1 C. chopped celery	1 t. salt
1 C. grated carrots	1 Calf's bone

Put the bone, carrots, peas, celery in the 6 cups hot water; cook on a slow fire until the peas dissolve. Fry the onions in the spoonful of fats until brown and put in the soup. Toast several pieces of bread and serve with the soup.

Mrs. A. Galloway



VEGETABLES

ASPARAGUS WITH HOLLANDAISE SAUCE

"Favorite recipe of the Late Babe Ruth"

Buy either fresh or canned asparagus stalks (not tips) and cover them with this dressing:

½ C. Coble's butter
 2 egg yolks
 ½ C. boiling water

1 T. lemon juice
 ½ t. salt
 ½ t. paprika

Divide the butter into 3 equal parts. Place one piece with the egg yolks and lemon juice in the top of a double boiler over boiling water. Stir constantly with a wire whisk until the butter is melted. Add the second piece of butter, continue stirring, and then add the third piece. Add the water mixed with the salt and paprika. Cook for 1 minute or until the sauce has the consistency of soft custard.

ASPARAGUS CASSEROLE (1)

(Favorite recipe of the late Mrs. Clyde R. Hoey).

Put a layer of bread crumbs in bottom of casserole dish, then a layer of asparagus, then a layer of sliced hard boiled eggs and cheese and Coble's butter. Then a layer of bread crumbs, salt, pepper, butter, and grated cheese. Pour milk over this to soften, and bake until cheese is brown.

ASPARAGUS CASSEROLE (2)

(Favorite recipe of the late Mrs. Clyde R. Hoey).

1 medium can of green asparagus
3 hard boiled eggs
¼ C. blanched almonds

Your favorite white sauce
Few stuffed olives

Butter casserole and alternate, layer of asparagus, sliced eggs, few almonds, and white sauce. When all ingredients are use, cover with remaining white sauce and over top, garnish with sliced olives. Grated cheese may be added to white sauce, if desired.

FRESH ASPARAGUS

Wash, scrape, cut off about 1 inch of hard ends, and tie stalks together. Stand in saucepan. Pour over 1 C. boiling water, leaving tips out the first 10 to 12 mins. Boil until tender, add salt to taste. Serve with drawn butter, white or Hollandaise Sauce. Serve on toast, if desired.

Mrs. L. L. Summer

ZEISS UND ZAUER BEBLECH (Sweet & Sour Green Beans)

1 lb. green beans
3 strips bacon
2 small onions, sliced

2 T. vinegar
2 T. sugar
1 C. bean liquid

Cook beans in salted water for about 1 hour, or until tender. Drain, saving 1 C. liquid. Fry bacon until crisp. Cut in or crumble to small pieces. Drain on absorbent paper. Fry onion in drippings until lightly browned and tender. Add vinegar and sugar, and bean liquid. Bring to boiling point. Add beans and cover. Turn off burner, and allow the beans to stand for 45 minutes or more before serving. When ready to serve, reheat.

Mrs. T. D. Gurley

HOPPING JOHN, SOUTHERN STYLE

Cook a ham bone in 2 quarts water for 2 hours. Add 1 cup dry peas or beans that have been soaked overnight in cold water. Cook until almost tender. Remove ham bone, add a cup of washed uncooked rice; season with salt and pepper. Boil gently about 20 minutes. Serve piping hot. This is delicious and very nourishing.

Mrs. Milton Gold

CAULIFLOWER WITH YELLOW SAUCE

1 cauliflower
¼ C. cream
⅛ t. paprika
2 T. Coble's butter

Yolks of 2 eggs
½ t. salt
dash of sugar
Juice of 1 lemon

Cut away the green leaves from the cauliflower and soak, head down in cold salted water for 15 or 20 mins. Drain and boil uncovered until tender. Drain and divide into flowerettes and serve with the following yellow sauce. Beat egg yolks slightly, add cream, salt, paprika, sugar, and lemon juice. Place in the top of a double boiler over boiling water and cook until thick. Add butter, a small piece at a time as the cooking progresses. A little grated sharp cheese may be grated over the top after sauce is poured over the cauliflower, if desired.

Mrs. T. D. Gurley

EGGPLANT LUNCH (KOSHER)

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|--------------------|-------------------|
| 1 eggplant | 2 t. olive oil |
| 2 green peppers | 1 lemon |
| 2 hard boiled eggs | dash black pepper |
| 1 onion | |

Fry the eggplant and peppers until they are soft. Let them cool. Then peel them. Chop them together with the 2 hard boiled eggs, and onion very fine. Add salt, pepper, olive oil, and lemon juice. Serve on lettuce leaves with black olives.

Mrs. A. Galloway

SQUASH FRITTERS

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|------------------------|------------------------|
| 1 C. grated raw squash | 1 to 2 t. sugar |
| ½ t. grated onion | 3 T. White Goose flour |
| ½ t. salt | 1 egg |
| ½ t. baking powder | 1 T. melted shortening |

Combine all ingredients and mix well. Drop by tablespoons into hot deep fat. Fry on both sides until golden brown.

Mrs. T. D. Gurley

HARVARD BEETS

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|----------------------|------------------|
| 6 medium sized beets | 1½ T. cornstarch |
| 2 T. Coble's butter | 2 T. vinegar |
| ¼ t. salt | 4 T. beet liquid |
| 2 T. sugar | |

Boil beets until tender. Peel and slice, or dice them. Save 4 T. of the liquid in which beets are cooked. Make a sauce of the butter, sugar, salt, vinegar, beet liquid, and cornstarch. Cook sauce until it is of desired thickness; pour over hot beets. Serve hot.

Mrs. T. D. Gurley

TINY BEETS, PIQUANT

Select small beets, fresh or canned. If fresh cook until tender, peel and use whole. If canned beets are used, leave whole and heat to boiling point. Make a sauce of the following and pour over the beets, serving them hot:

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|----------------------|------------|
| 1 T. vinegar | 1 T. sugar |
| 1½ T. Coble's butter | ¼ t. salt |

Mrs. M. A. Stroup

GLORIFIED BROCCOLI

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|----------------------|------------|
| 1 lb. bunch broccoli | 1 t. sugar |
| 1 t. salt | |

Wash the broccoli. Cut in coarse dice or in even lengths, and place in saucepan. Add no water as enough will cling to it during the washing period. Add the salt and sugar. Cook until tender (from 15 to 20 mins.). Serve with melted Coble's Butter, your favorite cream sauce, or Hollandaise Sauce.

Mrs. Howard Allran

BAKED BRUSSELS SPROUTS

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|------------------------|---------------------|
| 1 qt. Brussels Sprouts | ½ t. sugar |
| ½ t. salt | 2 T. Coble's butter |

Remove any wilted leaves from the sprouts; wash thoroughly, and place in a casserole or baking dish. Add the salt, sugar, and butter, and ½ C. water. Cover and bake for 45 mins. or until done.

Mrs. Howard Allran

MOUSSAKA

(Greek Military Mission)

Wipe two large egg-plants and cut into slices about a quarter of an inch thick. Do not skin them. Fry lightly in olive oil, and lay several slices in a pie dish. Cover these with minced meat (if the meat is uncooked, fry it a little before placing it on the egg-plants). Sprinkle with salt, pepper and chopped onions. Cover with the remainder of the egg-plants, and on them lay slices of ripe tomatoes, chopped onion and minced meat.

Now make some rather thick batter with flour, milk and a well-beaten egg. Pour this over the top of the egg-plant dish, sprinkle thickly with grated cheese, dot over with a little fat, and cook in a moderate oven for about an hour, until the batter has formed a light golden-brown crust. Serve very hot in the dish in which the Moussaka is cooked. (As egg-plant is difficult to obtain in Berlin, squash can be substituted).

From "Operation Vittles" published for benefit underprivileged children in Berlin; book brought back to Cherryville by Mrs. J. L. Fraley.

FRENCH FRIED ONION RINGS

4 large dried onions
sweet milk
Yolk of 1 to 2 eggs

Salt and pepper to taste
White Goose flour
deep fat

Peel onions, and slice in $\frac{1}{4}$ inch slices. Separate the slices in rings. Cover onion rings with sweet milk and let stand an hour. Drain well. Season rings with salt and pepper, and put in a paper bag containing flour. Shake well until rings are well coated with flour. Add 2 T. milk to the egg yolk or yolks (beaten), and dip the onion rings into mixture. Put back in bag containing flour and shake well again. Let the prepared onion rings stand on waxed paper for 15 mins. Fry a few rings at the time in deep hot fat. Drain and serve immediately. These are delicious and are a necessary accompaniment to broiled steaks.

Mrs. T. D. Gurley

PEACOCK (Kosher)

6 med. sweet potatoes
5 med. apples
6 T. Coble's butter
1 C. brown sugar

1 C. white sugar
 $\frac{1}{2}$ t. nutmeg or cinnamon
1 lemon
1 C. hot water

Boil sweet potatoes until tender. Peel and slice. Peel, core, and slice raw apples crosswise. Arrange in baking dish with alternate layers of potatoes and apples. Sprinkle over each layer, butter, sugar, and thin slices of lemon. Add mixture of 2 T. flour dissolved in $\frac{1}{3}$ C. cold water. Pour on 1 C. hot water, and bake in slow oven until apples on top layer are brown and syrup is thick.

Mrs. A. Galloway

STUFFED PEPPERS

6 or 8 green peppers
1 C. left over meat
1 egg
Grated cheese

1 small onion (minced)
1 C. bread crumbs
 $\frac{1}{4}$ t. celery seed or
1½ T. finely chopped celery

Cut stems out of pepper, remove seeds and membranes. Wash and drain. Mix the dry ingredients together, add onion and celery. Add beaten egg and mix well. Fill pepper shells. Sprinkle grated cheese on top. Put in greased baking dish to which add $\frac{1}{2}$ C. hot water and 2 T. Coble's Butter. Bake in oven until pepper shells are tender. Serve hot. Left over white potatoes can be used instead of the bread crumbs, if desired.

Mrs. Ruth Porter

STUFFED BAKED POTATOES

4 good-sized potatoes	Salt and pepper to taste
2 T. Coble's butter	1 T. minced parsley or
1 egg, slightly beaten	3 T. grated cheese
2 T. hot milk	(cheddar or sharp)

Take well baked potatoes and slice off the tops lengthwise; remove the potato pulp with a spoon and mash fine. Add the butter, egg beaten light, hot milk, salt, and pepper. Beat until fluffy. Pile into potato shells, dust with parsley or cheese. Return to oven to brown. Serve hot.

Mrs. Howard Allran

CANDIED SWEET POTATOES

2 lbs. med. sized sweet potatoes	Juice of 1 orange
4 T. melted Coble's butter	½ C. white sugar
½ C. brown sugar	½ t. nutmeg

Boil potatoes in jackets until tender. Remove skins and arrange potatoes cut lengthwise in baking dish. Make a sauce of orange juice, butter, sugar, and nutmeg. Pour over potatoes and cook in oven until sauce is thick.

Mrs. J. W. Allran

CANDIED SWEET POTATOES

"Favorite recipe of Mr. Paul Whiteman"

4 medium-sized sweet potatoes	¼ t. salt
¾ C. brown sugar	Nutmeg
1/3 C. butter	

Wash and peel the potatoes and cut in halves, lengthwise. Arrange in layers in a baking dish, sprinkling each layer with sugar, salt, and nutmeg, mixed together. Over the top of this, pour the melted butter. Bake for two hours in a slow oven 325° F.

Favorite recipe of the late Mrs. J. M. Hobgood (Mrs. Lucille Hassell Morton Hobgood), known as "Jimmie" to clubwomen, a past president of the State Federation of Women's Clubs.

GLAZED SWEET POTATOES

Take 4 large sweet potatoes that have been previously boiled, slice lengthwise and lay in dripping pan; then place in baking dish, add ½ C. water, ¼ C. melted butter, ½ C. brown sugar, and 1 pinch of salt. Bake about 20 mins., basting frequently with syrup in the pan. Before serving place marshmallows on top and brown slightly.

GLORIFIED SWEET POTATO PUFFS

5 large sweet potatoes	8 marshmallows
½ C. ground pecans	corn flakes
1 t. cinnamon	2 egg whites
sprinkle of salt	

Peel and boil potatoes until soft, pour off water, and mash very fine. Add nuts, sprinkle a little salt, and add cinnamon. Set aside to cool. Cover 1 marshmallow with mashed potatoes and form in croquette, roll in beaten egg whites and then in crushed corn flakes. Set in refrigerator for 1 hour. Drop in deep hot fat and cook until light brown. Serve at once.

Mrs. A. Galloway

SQUASH—GEORGIA STYLE

3 lbs. fresh squash	1 T. meat drippings
2 med. sized onions	1 T. sugar
5 slices streaked meat from a 2" width	Salt & pepper to taste

Pare squash and onions (don't peel squash unless necessary). Cut in small pieces, add a little water, let come to boil, and cook until tender. Run through collander or mash with potato masher. Meanwhile cut streaked meat into small cubes and fry crisp. Remove from pan, leaving enough drippings for seasoning. Add the squash and onion mixture, and the fried meat cubes, sugar, salt, and pepper. Let simmer for 10 to 15 mins. with cover on. Remove cover, increase heat and brown. Serve hot.

Mrs. Julian H. Papot, Jr.

VEGETABLE AND CHEESE CASSEROLE

1½ C. macaroni	1 C. tomato soup
1 small can asparagus	¾ C. grated cheese
3 slices bacon	Bread crumbs
paprika	Coble's butter

Cook macaroni in boiling salt water until tender. Drain. Place in buttered casserole. Pour the tomato soup over this and lay asparagus on top. Sprinkle with salt and add grated cheese. Cover top with crumbs, dot with butter. Cut bacon slices in half and lay on top. Bake until hot all through and bacon is browned.

Mrs. C. G. Beam

CREAMED MIXED VEGETABLES

To 1 qt. canned soup mixture add:	¼ stick Coble's butter
1 med. sized onion (chopped)	Salt and pepper to taste
1 T. sugar	2 T. cornstarch
¼ t. celery salt	

Combine all ingredients except cornstarch. Bring to boil, and let cook very slowly from 40 mins. to an hour. Stir occasionally to prevent sticking and burning. When mixture is tender, thicken to desired consistency with cornstarch dissolved in a little water.

Mrs. Julian H. Papot, Jr.

MIXED VEGETABLE CASSEROLE

Cook 1 pkg. frozen mixed vegetables 15 mins. in salt w ater. Pour off liquid. Make a sauce of 2 T. Coble's Butter, 2 T. White Goose Flour, 1 C. milk, 1 t. salt, 1 C. grated American cheese. Pour over vegetables and bake 40 mins. in moderate oven.

Mrs. J. Ben Dellinger

VITAMINS, ETC.

VITAMINS

Foods Containing Vitamin A:

Apples	Cheese	Green Peas
Bananas	Collards	Green Peppers
String Beans	Turnips	Sweet Potatoes
Beets	Eggs	Rutabagas
Butter	Grapes	Spinach
Cabbage	Lemon Juice	Tomatoes
Carrots	Whole Milk	
Cauliflower	Orange Juice	

Foods Containing Vitamin B:

Apples	Carrots	Fresh Peaches
Bananas	Eggs	Green Peas
String Beans	Graham Flour	Green Peppers
Cabbage	Whole Wheat	White Potatoes
Cantaloupe	Flour	Dried Prunes
Whole Milk	Grapes	Rutabagas
Muskmelon	Lemon Juice	Fresh Spinach
Rolled Oats	Tomatoes	Turnip Greens
Green Onions	Shredded Wheat	Fresh Turnips
Orange Juice	Lettuce	

Foods Containing Vitamin C:

Fresh Apples	White Potatoes	Whole Milk
Bananas	Strawberries	Green Onions
String Beans	Fresh Turnips	Fresh Pears
Fresh Beets	Carrots	Green Peppers
Cabbage	Green Corn	Fresh Spinach
Orange Juice	Grapefruit	Tomatoes
Green Peas	Lemon Juice	

Vitamin D: This vitamin is less widely distributed in foods. Cod and other fish liver oils have so much more than any other food that we consider them our richest source. A considerable amount of Vitamin D is found in the yolks of eggs, and these are also important amounts to be found in milk and lettuce. Another source of Vitamin D is from the sunshine, as the ultra-violet rays of the sun playing on the skin produces Vitamin D.

Vitamin E: Science knows little about Vitamin E, except that it is one of the vital substance which should be preserved. Science recognizes that it is essential for reproduction in animals. Vitamin E occurs in the wheat grain, oats, corn and green leaves, and many other foods in small quantities, so there is little danger of shortage of it.

Vitamin G is essential for growth and well-being at all ages. Lack of it causes pellagra. It occurs in moderate or small quantities. Like Vitamin B. Vitamin G dissolves easily in water. It is not as easily destroyed by heat, except in the presence of soda or other alkaline substances. Vitamin G is found in **Meat Products:**

- Whole milk—fresh, evaporated
- Skim milk—dried, fresh
- Buttermilk
- Cheese
- Eggs
- Meat—Liver (beef and pork)
 - Kidney
 - Spleen
 - Heart
 - Lean cuts of beef, pork or lamb
 - Salmon

Vegetable Products

Green Leaves:	Carrot tops	Fruits:
Mustard	Collards	Bananas
Turnip tops	Spinach	Germ Portion of Cereals
Beet tops	Broccoli	Wheat Germ
Kale	Watercress	Yeast

No doubt there are other vitamins, but the ones which we have listed are the only ones definitely known. Some foods; such as, fruits, vegetables, and milk contain more than one vitamin. They should, therefore, be used very freely.

Fattening Foods

Sugar
White Flour
White Bread
Pastries
Pancakes
Puddings
Oatmeal
Cornmeal
Corn
Cream of Wheat
Rice
Chestnuts
Peanuts
Peanut Butter
Pecans
Brazil Nuts, etc.
Raisins
Dates
Figs
Prunes
Bananas
Butter
Cream
Egg yolks
Cream cheese
Rich Milk
Malted Milk
Ice Cream
Fat Meats
Thick Greasy Soups
Thick Gravies
Oils and Shortenings
Turnips
Squash
Pumpkin
Potatoes
Noodles
Macaroni
Spaghetti

Normalizing

Health Foods

Whole Wheat Flour
Whole Wheat Bread
Pumpernickel Bread
Whole Corn Bread
Whole Wheat Cereal
Brown Rice
All dried Fruits
All fresh Fruits
All Salad Vegetables
Baked Potatoes
Cooked vegetables
Eggs
 Coddled
 Raw Shakes
 Creamed
Cream
Sweet Butter
Buttermilk
Milk Cocoa
Cereal Coffee
Malted Milk
Grape Juice
Apple Juice
Brown Sugar (old
 fashioned)
Maple Sugar
Honey
Maple Syrup
Roasted Meats
Broiled Fowls
Stewed Fish
Gelatine
All nuts
Scotch Oats
Unbolted Cornmeal

Reducing Foods

Bran Products
Bran Bread
Bran Cereals
Thin Soups
Lettuce
Celery
Cabbage
Tomatoes
Spinach, etc.
Buttermilk (Genuine)
Cottage Cheese
Beans
Peas
Lentils
Egg Whites
Mineral oil for salads
Cereal coffee
Acidulous Fruits
Lean Meat
Coffee

Acid Forming	Alkaline Forming	Kohlrabi	Neutral Foods
Bread (W. W.*)	Apples	Lemons	Butter
Beans*	Apricots	Limes	Buttermilk
Cereals	Artichokes	Melons	Bacon
Chestnuts	Asparagus	Oranges	Cream
Cheese (hard*)	Bananas (ripe)	Olives	Corn Oil
Clams*	Berries	Onions	Cottonseed Oil
Crabs*	Beets & Tops	Oyster Plant	Egg Yolk
Cranberries	Brussel Sprouts	Persimmon	Fat of Meat
Dried Peas*	Cherries	Pineapple	Lard
Fish**	Citron	Parsnip	Olive Oil
Game	Currants	Parsley	Peanut Oil
Lobster**	Cabbage	Peppers	Mineral Oil
Legumes*	Carrots	Onions	
Meats	Cauliflower	Radishes	
Nuts*	Celery	Raisins*	
Oysters*	Celery Root	Sauerkraut	
Prunes	Chard	Spinach	
Plums	Cucumbers	String Beans	
Peanuts	Dates	Tomatoes	
Poultry	Dandelions	Turnips & Tops	
Rice	Endive	Tangerines	
Rhubarb	Figs*	Watercress	
Scallops	Grapefruit	Vegetable Marrow	
Shrimp**	Grapes*	Vegetables Oysters	
Squash	Kumquat		
Whites of Eggs	Kale		

Phosphorous Rich Foods

Almonds	Fish	Lentils
Walnuts	Shrimp	Eggs (raw best)
Pecans	Lima Beans	Raisins

Also other foods in other columns marked with—1 star—*

Those with 2 stars—(**)—are very rich in phosphorous.

To acquire body alkalinity and overcome too much acids in urinary tract and blood stream, eat **FOUR** (4) alkaline foods to one that is acid forming. To retain alkalinity of the system once established, from **TWO** to **THREE** alkaline foods to **ONE** (1) acid making food should constitute each meal.

In case of hyper-acidity or in any ulcerations of the alimentary tract a food list should be prepared by a competent physician. Don't be afraid to consult your physician.

MINERALS

Foods Rich in Minerals

Calcium:

Cheese
Buttermilk
Sweet Milk
Cauliflower
Chard
Cabbage
Carrots
Egg Yolk
Onions
Green Beans
Asparagus

Iodine:

Sea Foods

Iron:

Asparagus
Beans
Cauliflower
Celery
Chard
Dandelion Greens
Egg Yolk
Heart
Liver
Lettuce
Kidneys
Oatmeal
Oysters
Red Meats
Whole Wheat

Copper:

Cocoa
Chocolate
Liver
Oysters
Peas
Apricots

GENERAL SUGGESTIONS

(An excerpt from "Fragments" in the cook book of Mrs. D. A. Rudisill, published in 1891)

On Monday, wash; Tuesday, iron; Wednesday, bake and scrub kitchen and pantry; Thursday, clean the silverware, examine the pots and kettles, and look after store room and cellar; Friday, devote to general sweeping and dusting; Saturday, bake and scrub kitchen and pantry floors, and prepare for Sunday. When the clothes are folded off the frame after ironing, examine each piece to see that none are laid away that need a button or a stitch. Clean all the silver on the last Friday of each month, and go through each room and closet to see if things are kept in order, and nothing going to waste. Have the sitting room tidied up every night before retiring. Make the most of your brain and your eyes, and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done quietly about the house seems easier. A slamming of oven doors, and the rattle and clatter of dishes, tire and bewilder everybody about the house. Those who accomplish much in housekeeping—and the same is true of every other walk in life—are the quiet workers.

HELPFUL SUGGESTIONS

A teaspoon of whipped cream on top of each portion of cream soup will add to its delicious flavor.

For a new taste thrill chop a bell pepper in cream clam or oyster soup.

To add a distinctive flavor to meat or vegetable soup, add a slice of apple, pear or cantaloupe to each portion just before serving.

In order to bring out the real flavor of a soup, let mixture brew for a long time. Soak all soup meats in cold water and cook very slowly (do not boil). Skim off excess fat from soup to avoid a gummy taste.

Milk which has started to sour can be made to be used again by stirring in a little soda.

By keeping lemons in water (changed weekly) lemons will retain their freshness and juice.

To prevent cake from burning when using new tins, butter the tins well and place in a moderate heated oven for about 20 minutes. Cakes can then be baked with less danger of burning.

Rain-water and soap will remove machine grease from a washable fabric.

Kerosene will soften shoes that have been hardened by water.

To make new leather waterproof, saturate it with castor oil.

A teaspoonful of powdered borax added to the final rinsing water will whiten the clothes.

Clean your plaster of paris novelties with soapsuds and a shaving brush. Rinse well and dip them in a solution of alum water.

Gilt frames can be preserved by covering them with a new coat of white (colorless) varnish. Specks can be washed off with water.

HELPFUL SUGGESTIONS

Keep a piece of cut lemon and a bottle of your favorite hand lotion in a cabinet near the kitchen sink. Use the lemon for stains on the hands, and the cream to use after dishes are done.

White marks made by hot dishes on a polished table may be removed by rubbing the spots with camphorated oil. Simply rub until spots are removed.

To prevent homemade mayonnaise from separating, add 1 teaspoon hot water to each pint immediately after making.

To make melon balls without a special cutter, use the teaspoon or half teaspoon in your measuring spoon set.

When cutting marshmallows use your kitchen scissors, dipping them often in hot water.

To peel citrus fruits entirely from membranous pulp, first place fruits in hot water for 5 minutes. This will enable you to peel off every bit of outside pulp.

When measuring solid fats, use the measuring cup and cold water method. If $\frac{1}{3}$ cup of fat is required, fill the cup $\frac{2}{3}$ full of cold water, drop fat into water until it rises to the 1 cup level. Pour out water; the correct amount of fat remains.

Place biscuits or rolls one inch apart if you like them crusty on all sides, and touching if you like them soft.

When eggs are to be used in a recipe which requires them to be beaten, remove them from the refrigerator some time before using, as they beat up lightly and more quickly when not too cold.

Save on your dish washing by sifting or measuring dry ingredients over waxed paper instead of into a bowl.

Always rinse dishes, glasses and bottles which have contained milk, in cold water before washing. Hot water sets the butter fat and makes it hard to remove.

Keep a small coffee pot to melt paraffin in. It is easy to pour on jelly glasses and you have no messy pan to clean.

When melting chocolate in a double boiler, first put in a piece of wax paper. Then when chocolate is melted, just lift out the paper and scrape the paper clean; no waste and no dirty pan to clean.

When a recipe calls for ground raisins, pour the raisins into boiling water (do not boil) and let stand a few minutes. The raisins will then grind easily and will not stick to the grinder or chopper, nor will they bunch all together.

When boiling meats and poultry, never add salt until the meat or poultry begins to boil, as salt toughens if added before.

Cook a sprig or two of mint with your applesauce, if you are seeking something different, tasty, and delicious to serve with lamb.

When making fish or meat loaves, try baking them in greased muffin tins—they will cook more quickly and are much more attractive.

SUGGESTIONS ON DEEP FAT FRYING

In deep fat frying, use a deep kettle fitted with a frying basket made with fairly wide spaced mesh. Select one with a long skeleton handle of metal which is less likely to get hot than a handle of solid metal. Some frying kettles have a gadget on the side for holding the basket out of the fat, thus allowing the food to drain after frying. Foods such as French fried potatoes, onions, potato chips, nuts, oysters, scallops, and shrimps are more easily managed in a frying basket.

In deep fat frying doughnuts, fritters, and large pieces of fish, these are best handled with a long-handled fork or tongs for lifting them from the fat. In frying these foods, do not use a frying basket.

Use an all vegetable shortening or vegetable oil as foods fried in vegetable fats are more easily digested than those fried in part or whole pure lard.

Have enough fat to cover foods generously.

If possible use a deep fat frying thermometer in order to control your frying temperatures.

Test the frying temperature just before putting in each batch of food. If no thermometer is available, a piece of bread browned in forty seconds is a good test.

When frying foods which have been dipped in egg or milk and rolled in crumbs, see that the coating is evenly applied. Also allow these foods to stand 15 or 20 minutes after crumbling before frying.

Make your croquettes of moderate size, since if they are too large, the steam on the inside will cause the crust to burst. Fry only two or three croquettes at the time as too many put in at once chills the fat and makes the croquettes greasy.

When frying doughnuts, break open the first one of a batch just after removing from the frying kettle to test for doneness.

Always drain fried foods on absorbent paper. Crumbling the paper helps too.

Always strain the deep fat after deep frying; removing all residue. Store in refrigerator or a cool place. An all vegetable fat does not retain foods flavors and can be used over and over for different fried foods.

Do not allow the fat to become too hot as this causes it to scorch or burn and thus ruins it.

Add fresh fat to the frying kettle in order to replace that which has been absorbed by the food during the frying process.

SUGGESTIONS ABOUT FLOWERS

Mother Nature gives us a beautiful flower for each month:

January	Carnation
February	Violet
March	Jonquil
April	Sweet Pea
May	Lily of the Valley
June	Rose
July	Larkspur
August	Gladiolus
September	Aster
October	Calendula
November	Chrysanthemum
December	Narcissus

How to Cut and Care for Cut Flowers:

Do not let flowers stand in sunlight that is too strong or in a draught. Cut a piece of the stem off daily with a knife and add fresh water. Flowers kept in a cool place will retain their freshness and beauty for a longer period of time.

All plants reach their highest activity when distended by water. When the roots of growing plants fail to supply water faster than the leaves transpire it, the plants wilt. The problem of keeping cut flowers is to keep a supply of water coming through their stems. All processes of cutting and care are to accomplish this end.

Cutting is done with a sharp flower shears or knife, taking care to avoid injury to the growing plant by having the tools sharp. It is best to carry a bucket of water to the garden, rather than the familiar cutting basket.

After cutting, remove lower leaves and any excess foliage and recut under water if desired, leaving the flower in the same container. This will prevent air bubbles from entering the stem canals and obstructing the upward flow of water. Flowers wilted, can often be revived by this treatment or by placing them in fairly hot water for a few minutes. If this is done, the tops should be protected from any steam which would expand the stem cells, but shorten the life of the flowers.

A slanting cut will expose a larger absorbing surface and will prevent their being sealed by resting upon the bottom of the vase. Woody stems (shrubs, Peonies, etc.) should have the ends slit or a little bark peeled away. Chrysanthemum and stock stems do best when slightly battered, but the stems of plants which exude a sticky or milky sap after cutting (Dahlias, Oriental Poppies, Heliotrope, Poinsettias) must be sealed by searing them with the flame of a match, or dipping the tips in boiling water.

Most flowers fade immediately after pollination. It is best to cut them just as they begin to mature and where possible remove the stamens to prevent pollination. This is quite easy on many flowers, such as Lillies, Amaryllis, etc. Cut Gladiolus

How to Cut and Care for Cut Flowers—(Con't.)

as the first bud opens—Peonies as the outter petals develop—Roses in the soft bud—Dahlias in full bloom before the sun goes down—Poppies the night before and allow them to open in the water. A few drops of gelatine on the ends of the stems of Orientals help. Immediately upon cutting the Calla-lily, cover all leaves and stems for 24 hours with cool water. A bathtub or any large open receptacle will answer. Wilted arrangements may be revived in the same manner. Wild flowers except Buttercups, Daisies, and Goldenrod seldom keep as cut flowers. Iris, if going a distance, should be cut in the bud.

Plants are filled with sap in the morning. Therefore, cut at this time those which wilt easily.

Late afternoon, when the stems are empty is good for summer flowers with hollow stems such as Gladiolus and Zinnias. They will fill quickly when plunged deep in water and be in prime condition the next morning. Flowers can be too fresh: Calendulas, Chrysanthemums, Euphorbia, Mignonette, Roses, Stocks and Snapdragons need 24 hours to fill and harden off.

Flowers should never be crowded into a small mouthed vase. Air should easily reach the water. Water must be clean, cool, and pure.

In case of special arrangements which will not stand disturbing, 3 drops of formalin and a teaspoonful of charcoal to the quart of water will help keep it uncontaminated. Never allow leaves below the water, especially those of Chrysanthemums, Dahlias, and Zinnias.

Drafts and sunshine cause rapid evaporation and place a hardship upon the flowers already burdened with the problem of trying to absorb moisture under unnatural conditions. For the same reason, cut flowers do best in cool places. Gas present in the air in amount so small that it can only be detected by careful tests, is often fatal to cut folwers.

TO REMOVE STAINS FROM CLOTHES

Blood—

1—Soak in cold water, then wash in the usual way.

2—Saturate with kerosene oil, soak and wash in cold water.

Egg—

Soak in cold water, then wash in the usual way.

Fruit—

Soak in boiling water, then wash as usual.

Grass—

Saturate with alcohol and rub. Rinse in clear water.

Iron Rust—

Saturate with lemon juice, sprinkle with salt, and lay in the sunshine.

TO REMOVE STAINS FROM CLOTHES

Coffee and Tea—

Rub spots with glycerine, let stand 30 minutes, then wash in the usual way.

Ink—

1—Before washing rub with kerosene.

2—Cover spot with a paste of cooking soda and water. Let dry and rub off. Repeat if necessary.

3—Place spot in warm sweet milk and let stand until, when rubbed, ink will wash out. Repeat if necessary.

4—Dip spot in mulled tallow and wash.

5—Rub spot with damp unstruck match, and the sulphur removes the ink.

Iodine—

Chloroform or hyposulphate of soda.

Mercurochrome—

Soak in a mixture of vinegar and kerosene for 48 hours, then in cold water until the stain disappears.

Milk or Cream—Also Ice Cream—

Soak in cold water, then rub with white soap and wash in cold water. Then wash in the usual way.

Mildew—

1—Spread with raw tomatoes, sprinkle with salt and place in the sunshine.

2—Soak in sour buttermilk and place in sunshine.

Paint, Tar, Varnish—

Naptha soap; gasoline; turpentine; equal parts of ammonia and turpentine. Any of these should be effective. If spot has dried, soften with fat, soak in benzine, then wash in soap and water. For delicate colors and fabrics, use chloroform.

Perspiration—

Strong soap solution or borax, and sunshine. For silks, cover with powdered chalk after sponging.

Wheel Grease—

Rub with lard or cooking shortening. Let stand several hours or overnight. Then wash with warm water and soap.

ONE HUNDRED (100) CALORIE PORTIONS OF COMMON FOODS

Beverages

Chocolate	1/3 Cup
Cocoa	1/2 Cup
Egg Nog	1/2 Cup
Fruit Juice (sweetened)	1/2 Cup
Lemonade	1 1/2 Cups
Orange Juice	1 Cup

Sea Food

Bluefish (Med. serving)	(3.3 oz)
Clams (raw)	12
Codfish Balls	1 (2 ins. in diam.)
Halibut	piece 3 x 1 1/4 x 1 in.
Lobster (canned)	2/3 Cup
Mackerel (med. serving)	(2.6 oz.)
Oysters	2/3 Cup
Salmon (canned)	1/2 Cup
Sardines	3 to 6
Scallops	3/4 Cup
Shad	med. serving
Shrimp	1/2 Cup

Vegetables

Asparagus	15 large stalks
Beans (baked)	1/3 Cup
Beans, Lima (dried)	1/6 Cup
Beans, String	2 1/3 Cups
Beets	4 (1 1/3 Cups sliced)
Cabbage (shredded)	4 to 5 Cups
Carrots (young)	4 to 5
Cauliflower	1 small head
Celery	4 Cups
Corn (canned)	1/3 Cup
Corn (fresh)	1/2 Cup

Cucumbers	2 (9 ins. long)
Lentils (dried)	2½ T.
Lettuce	2 large heads
Onions	3 to 4 medium
Peas (canned)	¾ Cup
Peas (fresh)	¾ Cup
Potatoes	1 medium
Radishes	3 dozen
Spinach (cooked & chopped)	2½ Cups
Sweet Potatoes (medium)	½ potato
Turnips (raw)	2 Cups
Dairy Products	
Butter	1 T. (scant)
Buttermilk	1-⅓ Cups
Cheese (American)	1-⅓ in. cube
Cottage Cheese	5 T.
Cream (thick)	1-2/3 T.
Whole Milk	⅝ Cup
Fruits	
Apples	1 large
Apricots (stewed)	¼ Cup
Bananas	1 medium
Blackberries (fresh)	½ Cup
Cherries (fresh)	1 Cup
Cranberries (raw)	2 Cups
Currants (fresh)	1½ Cups
Dates	3 to 4
Figs	1½
Grapefruit	½ large
Grapes	1 large bunch
Huckleberries	1 Cup
Lemons	3 large
Muskmelon	1 small
Oranges	1 large
Peaches (fresh)	3 medium

Pears (fresh)	2 medium
Pineapple (fresh)	2 slices
Plums (fresh)	3 to 4
Prunes (stewed & sweetened)	2 and 2 T. juice
Raisins	$\frac{1}{4}$ Cup
Raspberries	$1\frac{1}{8}$ Cups
Rhubarb (stewed)	$\frac{1}{2}$ Cup
Strawberries	$1\frac{1}{3}$ Cups
Tomatoes (fresh)	2 to 3
Soups	
Barley Soup	$\frac{3}{4}$ Cup
Bean Soup	$\frac{1}{2}$ Cup
Beef Broth	4 Cups
Bouillon	4 Cups
Cream Soup	$\frac{1}{2}$ Cup
Mutton Broth	4 Cups
Noodle Soup	$\frac{3}{4}$ Cup
Pea Soup (cream)	$\frac{3}{4}$ Cup
Rice Soup	1 Cup
Breads	
Biscuits (baking powder)	2
Corn Muffins	1
Crackers (graham)	$2\frac{1}{2}$
Graham Bread—2 slices	(1.4 oz.)
Griddle Cakes—1 cake	($4\frac{1}{2}$ " diam.)
Raised Bread—2 slices	(1 oz.)
Rye Bread	$2\frac{3}{4}$ slices
Zwieback	3 pieces
Sweets	
Cake (Chocolate)	0.9 oz.
Caramel	1 serving or 1 slice
Custard	$\frac{1}{3}$ Cup
Doughnuts	$\frac{1}{2}$
Fudge	1 square
Ices	$\frac{1}{2}$ Cup

Ice Cream (rich)	3 T.
Jams	1 T.
Jellies	1 T.
Syrup	1½ T.
Sugar (Cane)	2 T.
Rice Pudding	½ Cup
Meat and Eggs	
Bacon	4 small pieces or 0.5 oz.
Beef (rib roast)	1.6 oz.
Chipped Beef (creamed)	1/3 Cup
Egg	1 1/3 large
Ham (boiled)	1.3 oz.
Lamb Chops—1 chop	1.6 oz.
Mutton Roast	1.2 oz.
Sausages	1.1 oz.
Veal Roast	2.3 oz.

1200 CALORIE REDUCING DIET **

(Protein 65 grams.)

Breakfast	Measurement	Sample
Fruit	1 portion	Tomato juice
Egg	1	Soft cooked egg
Bread, white or whole wheat	1 slice	Whole wheat toast
Butter	1 t.	Butter
Lunch or Supper		
Eggs or chicken, fish, lean meat or cheese	2 eggs or 1 portion	Smothered veal chop
Vegetable	$\frac{1}{2}$ to 1 Cup	Raw carrot sticks
Vegetable or fruit salad	1 serving	Grapefruit salad
Bread, white or whole wheat	1 slice	Whole wheat bread
Butter	1 t.	Butter
Skimmed milk or buttermilk	$\frac{3}{4}$ Cup	Skimmed milk
Dinner		
Chicken, fish or lean meat	1 portion	Broiled veal liver
2 vegetables	1 Cup each	Beets and Kale
Vegetable salad	1 serving	Tomato and Cucumber salad
Bread, white or whole wheat	1 slice	Whole wheat bread
Butter	2 t.	Butter
Fruit	1 portion	Strawberries
Skimmed milk or buttermilk	$\frac{3}{4}$ Cup	Buttermilk

(No more than three and one-half pounds in weight should be lost during any single week.)

** See list containing reducing foods, and also list of One Hundred (100) Calorie Portions of Common Foods. From these you can assemble your own diet. When reducing you should consult your physician at regular intervals.

RULE TO FIND IDEAL ADULT NET WEIGHT

Multiply number of inches over 5 ft. in height by $5\frac{1}{2}$; add 110. For example: Height 5 ft. 7 in. without shoes.

$$7 \times 5\frac{1}{2} = 38\frac{1}{2}$$

$$+ 110$$

Ideal weight $148\frac{1}{2}$

If under 5 ft. multiply number of inches under 5 ft. by $5\frac{1}{2}$ and subtract from 110.

TO BE USED IN CONNECTION WITH REDUCING DIETS MINERAL OIL MAYONNAISE

1 t. salt

1 egg

$\frac{1}{2}$ t. dry mustard

$1\frac{1}{2}$ to 2 C. mineral oil

$\frac{1}{2}$ t. paprika

3 t. lemon juice or vinegar

Few grains cayenne pepper)

Blend the salt, mustard, paprika, and cayenne in a bowl. Add the egg and beat until thick and lemon colored. Add oil a little at a time, beating constantly until mixture thickens. (Sufficient oil has been added when the mixture stands up in peaks). Add the lemon juice or vinegar. Cover and store in a cool place. This keeps indefinitely.

MINERAL OIL FRENCH DRESSING

$\frac{3}{4}$ t. salt

$\frac{1}{2}$ t. paprika

$\frac{1}{2}$ t. dry mustard

2 T. vinegar

Few grains cayenne pepper

2 T. lemon juice

$\frac{1}{2}$ C. mineral oil

Beat the dry ingredients with the vinegar and lemon juice. Add oil, beating vigorously until of the consistency of whipped cream. Keep covered in refrigerator and shake well before each use.

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UNIVERSITY OF N.C. AT CHAPEL HILL



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